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Vancouver metro

Your essential daily news | THURSDAY, NOVEMBER 12, 2015 | High 12°C/Low 10°C Rain

RENTAL CHECK
Report recommends big changes to the way landlords and tenants interact metroNEWS
DARRYL DYCK/THE CANADIAN PRESS

Man sells it all to pay for brain surgery

HEALTH

B.C. couple 'desperate' for $250K op

Thandi Fletcher
Metro | Vancouver

A B.C. man suffering from debilitating headaches is selling all of his belongings to pay for brain surgery in the United States because he says no Canadian surgeon will remove the cyst that he believes is causing the pain.

For the past six years, Tom Kettering has experienced severe headaches that forced him to stop working and eventually sell his business. In recent months, the headaches worsened to the point that he now spends most of his time in a dark room, unable to eat or sleep, wearing sunglasses to try and cope with the pain.

Not even strong painkillers or sleeping pills will help alleviate the symptoms or help him sleep.

"He's completely debilitated by it," said wife Christina Jones, who spoke to Metro on behalf of her husband who was too sick to be interviewed. "He doesn't leave the house. It's just this never-ending wicked pain. His face goes numb. He can't see straight."

The couple believe the cause of his headaches is a cyst on his pineal gland. In 2009 an MRI revealed the cyst, but Kettering's doctor said he didn't believe the cyst was causing his headaches.

Surgery for patients with pineal cysts is controversial.

Pineal cysts are common, affecting as many as two per cent of healthy adults, and rarely cause headaches or require treatment, according to the Mayo Clinic. Still, a study published this year in the Journal of Neurosurgery found 94 per cent of patients who suffered from headaches and had this kind of cyst reported fewer or no headaches after surgery.

After Jones and Kettering came across an article about a girl in Calgary with the same symptoms who found relief after surgery in L.A., Jones said they started to wonder if it was the cause of his pain.

"After six years of absolutely nothing working, we were starting to get desperate," Jones said.

They sent his MRI scan to two U.S. neurosurgeons, who both said they believed he would benefit from surgery, said Jones. The couple took the information to Kettering's doctors, but were again told that removing the cyst was not the answer.

The couple decided to book the surgery in L.A., but at a cost of $250,000 Canadian, Jones said they were forced to put their house up for sale and sell most of their belongings. They also started a GoFundMe page, which has helped raise more than $35,000 as of Wednesday and pleaded with their bank for a line of credit."We feel like we have no other option," she said. "We either get him there or he stays home and suffers."

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Kit and Ace rejects dog fur accusations in email

CLOTHING

Company says they complied with Canadian textile laws

Emily Jackson
Metro | Vancouver

Luxury retailer Kit and Ace is in damage-control mode after an investigation revealed one of its toques contains fur from an animal that, depending on who you ask, is a dog, not a raccoon.

Kit and Ace, the brainchild of Lululemon founder Chip Wilson's wife Shannon Wilson and son JJ Wilson, said it launched an investigation after online backlash to the fur pom pom on the Berkeley toque (it sells for a cool $98).

The kerfuffle started after National Observer reporter Elizabeth McSheffrey wrote a feature on the fur labelled Asiatic raccoon, a species that looks like a raccoon but is in fact part of the canine family.

The report revealed that Kit and Ace is adamant that employees call it raccoon fur, not dog fur.

In an email Wednesday, Kit and Ace defended its use of the fur stating it is in "complete compliance" with Canadian textile labeling laws and that accusations that the fur is from a dog are false.

Kit and Ace's Berkeley toque has a pom pom labeled Asiatic raccoon. It comes from this animal, known as both an Asiatic raccoon and a raccoon dog. SCREENSHOT/KIT AND ACE, GETTY IMAGES

It also noted that the toques have always been labelled to indicate they use fur.

"Contrary to recent accusations, Asiatic raccoon (Nyctereutes Procyonoides) does not belong to the same species as the domestic dog (Canis Familiaris)," the statement said.

The species do, however, belong to the same family, Canidae.

"Kit and Ace takes these accusations very seriously and our customers are our priority. Kit and Ace will continue to ensure that all products comply with Canadian Textile Regulations."

It's the latest company to be embroiled in the long debate between the fur industry and animal rights activists over whether to label the fur "Asiatic raccoon" versus "raccoon dog."

In a 2014 decision in the U.S., the government settled on Asiatic raccoon so as not to confuse consumers.

Consumers flocked to the retailer's Facebook page to condemn the use of the specific animal, while others asked the company to stop using fur altogether.

"Killing any animal for fashion is disgusting and I wonder how many of your customers would be okay with you killing dogs for fashion fur??!" Sandra Harris wrote.

In emails to the National Observer, Kit and Ace claimed that it does everything with integrity, including the sourcing of fur and animal treatment.

CRIME

Senior allegedly shoots at crows

An elderly man may be facing criminal charges after he allegedly shot at crows on his Coquitlam property last Friday and caused a nearby school to go on lockdown. Mounties said they responded to a report of someone shooting a shotgun in the area of Como Lake Avenue and Poirier Street in Coquitlam around 2:40 p.m. Friday. Officers quickly cordoned off the house and placed a nearby school on lockdown as a precautionary measure, according to Coquitlam RCMP.

"Once the residence was contained, we were able to locate an 88 year-old man in relation to the shooting and take him into custody without incident," Cpl. Jamie Chung, spokesman for Coquitlam RCMP said in a statement. "At this point of the investigation, we believe the man had an issue with crows at or near his property so he allegedly shot at them. There is no indication that the man intended to harm anyone." THANDI FLETCHER/METRO

WEATHER

Wind warnings issued

Environment Canada has issued wind warnings for the north and central coasts, Haida Gwaii, northern and eastern Vancouver Island and the Sunshine Coast, with 100 km/h winds not due to ease till Thursday. THE CANADIAN PRESS

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Renters propose changes to how B.C. treats tenants

The city's West End. More than 50 per cent of Vancouverites rent their homes and apartments. EMILY JACKSON/METRO

HOUSING

Group's report suggests big revisions to tenancy act

Emily Jackson
Metro | Vancouver

The dreaded annual rent increase. Getting the boot so your landlord's brother can move in. Finding a decent place to live in the first place.

These woes are all too familiar to the more than 50 per cent of Vancouverites who rent their homes in a town where the vacancy rate hovers at a wretched one per cent.

But the city hopes to address some of the problems with a new report on how to fix B.C.'s renter system governed by the Residential Tenancy Act. Suggestions include basic technology upgrades, closing rent-increase loopholes, tougher fines on dishonest landlords, extended notice before evictions and special protection for low-income renters in single-room occupancy hotels.

Created by the newly minted Renters' Advisory Committee, the report's recommendations won't automatically be adopted by the province or the city, but the authors hope it's a starting place for advocacy to strengthen protection for renters.

It recommends finally allowing renters and landlords to legally communicate by email. This would solve befuddling problems such as a landlord not being legally required to return a tenant's security deposit if they are asked via email but having to return the cash if a tenant asks via fax machine.

It suggests closing the loophole that allows a landlord to increase the rent above the legal maximum (two per cent plus inflation) by insisting tenants sign fixed-term leases instead of allowing them to go month to month.

> **It should never be cheaper for a landlord to just ignore the law rather than follow it.**
> City of Vancouver Renters' Advisory Committee

It advocates for tough, minimum penalties for landlords who don't go through the proper channels to evict a tenant.

This aims to deter owners who claim to renovate so a family member can move in but really just want to vacate the unit and advertise it at a higher rent.

"It should never be cheaper for a landlord to just ignore the law rather than follow it," the report states. It also includes provisions for low-income tenants, adding it is sometimes cheaper to lock out low-income tenants and leave them homeless than go through the dispute-resolution process.

If a landlord is genuinely evicting a tenant for renovations or a family member, the report suggests extending the notice to three months from two months in order to give the person time to find a new home.

It also suggests special protections for renters in single-room occupancy hotels largely concentrated in the Downtown Eastside. Borrowing a recommendation from the Carnegie Community Action Project, the report advocates that rental rates should be attached to a specific SRO room, not a tenant, to stop the rent from being jacked up once a person leaves.

Council will receive the report and discuss it next week.

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Plenty of new snow at Whistler-Blackcomb Mountain resort, as seen here Monday, has crews considering an early opening of the slopes this year. MITCH WINTON/COAST MOUNTAIN PHOTOGRAPHY

B.C. mountains get ready for ski season

WINTER

Big White resort first to open Friday morning

Matt Kieltyka
Metro | Vancouver

The hills will soon be alive with the sound of shredding.

Fresh snow and low temperatures have ski resort staff across British Columbia working feverishly to get an early jump on this year's ski season.

Silver Star Mountain Resort near Vernon opens its Nordic terrain Thursday (and alpine runs Nov. 26), while Big White near Kelowna will be first out of the downhill gate when it opens its alpine terrain Friday morning.

The resort has seen a cumulative snowfall of 87 centimetres as of Tuesday, allowing Big White to mark its earliest opening since the 2001/02 season. Other resorts won't be too far behind if the weather holds up.

Sun Peaks is scheduled to open Nov. 21, Apex on Dec. 5 and Mount Washington on Dec. 11.

The local North Shore mountains — Cypress, Grouse and Seymour — are all on standby and hoping to put a dreadful 2014/15 season behind them.

Cypress spokesman Joffrey Koeman told Metro earlier this month crews are able to open the resort "any day now", as soon as the conditions are right.

The hill has received just seven centimetres of new snow this week, but its snowmaking operations are active.

And then there's Whistler-Blackcomb, which is currently scheduled for a Nov. 26 opening.

However, Whistler spokesperson Emily Wright said the resort has seen 97 centimetres of snow so far this month and that they're considering an early start to the season.

"It's looking promising," said Wright. "The snowmaking teams are out in full force at the moment. But at the moment, it still hasn't been decided."

IN BRIEF

Surrey RCMP say suspect tried to steal undercover car

A 25-year-old man is facing possible charges after allegedly trying to steal an undercover police car in Surrey.

The incident occurred at approximately 6:25 p.m. on Nov. 9.

Police say two on-duty plainclothes officers were stopped in an unmarked police vehicle near 71 Avenue and 125 Street when a suspect approached the car and allegedly grabbed the officer in the driver's seat and tried to pull him out in an attempt to steal the car.

The officers identified themselves as police and arrested the suspect.

RCMP say 25-year-old Penticton resident Kyle Blair Berg is facing possible charges of robbery and breach of probation in light of the alleged incident.

He had an outstanding warrant for his arrest for wearing a disguise with intent. MATT KIELTYKA/METRO

B.C. anti-gang squad report reveals brutal side of women in gangs

British Columbia's anti-gang squad is putting a more public face on the gang lifestyle — and it's not pretty.

The Combined Forces Special Enforcement Unit has released its annual report aimed at discouraging involvement in gangs, especially among young women.

The report shows homicides and attempted homicides have climbed compared with last year, which staff sgt. Lindsey Houghton says is mostly due to the gang conflict this spring in Surrey and Delta.

Houghton says the shootings appear to have ended, mostly because some of the suspects have fled to India, while others have decided the police and media spotlight was too bright to remain involved.

The report also highlights the story of an anonymous woman in her 20s who was caught up in a gang, became addicted to drugs and was forced to ferry drugs and money across the country before she escaped.

Houghton says there are days when it feels like fighting the gangs and trying to stop people from joining is like swimming up a waterfall, but there are also rewards when their message gets through. THE CANADIAN PRESS

Hundreds pay their respects

REMEMBRANCE DAY

Ceremony honours wounded and fallen soldiers

For minutes at a time, the claps of boots marching in sequence was the only sound reverberating throughout Victory Square in Vancouver.

The sound came from troops — among hundreds of current and former soldiers — who took part in Wednesday's Remembrance Day ceremony under clear, crisp skies.

Later, the booms of a 21-gun salute echoed as several Royal Canadian Air Force planes did a flypast overhead.

Maj.-Rev. Jim Short read the prayer of remembrance, recalling those who died at home and abroad, but also those who came home injured.

"May we faithfully embrace the sacred task of care for those who have been wounded in war, in mind, body or spirit," he said. "And to especially embrace the loved ones of those who have taken their own lives in or after their military service."

Short also urged Canadian leaders to look solve international disputes peacefully and welcome with open arms people who are fleeing war and looking for a new home.

"Remember that to a country much is given, much must be shared with others," he said.

Several officials, including the new federal Liberal Justice Minister Jody Wilson-Raybould, placed wreaths on the Cenotaph during the ceremony.

THE CANADIAN PRESS

ABOVE: The vigil guard marches to take position at the cenotaph during the Remembrance Day ceremony in Vancouver on Wednesday.

AT RIGHT:

CENTRE: Second World War veteran Jack McKelvie, 82, holds a white rose to place at the cenotaph.

TOP LEFT: Canadian Forces members march during Wednesday's service.

TOP RIGHT: Surrey RCMP Const. Joseph Childlow, left, Commanding Officer of the 47 Captain Vancouver Royal Canadian Sea Cadets, and Royal Canadian Navy Leading Seaman Westley Blackstock of HMCS Discovery stand as part of the vigil guard.

BOTTOM LEFT: Minister of Justice and Attorney General of Canada Jody Wilson-Raybould places a wreath at the Victory Square cenotaph on behalf of the federal government.

BOTTOM RIGHT: Second World War veteran Robert Chartier, right, 92, waits his turn to place a white rose on the cenotaph.

PHOTOS BY DARRYL DYCK/THE CANADIAN PRESS

"You have to remember those who were there. They're the ones who brought you the freedom.

Second World War veteran Charlie Lee, age 92

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RCMP

Police hunt suspect in forced entry bid

Thandi Fletcher
Metro | Vancouver

Mounties are hunting for a man accused of attempting to force his way into the home of a 15-year-old girl in Surrey last Friday.

The incident happened around 2:15 p.m. Surrey RCMP said a man approached the teen outside her home in the 13300 block of Sutton Place. Police say the man started talking to her before allegedly attempting to force his way in. A minor struggle ensued before the girl called out for help, causing the man to flee to his car.

Police said the girl was not injured but was left "emotionally distraught."

"We do not believe this to be a random act and as a result have taken steps to ensure the victim's safety out of an abundance of caution," Cpl. Scotty Schumann said in a statement. "Anyone with further information about this individual or incident is asked to contact our investigators" or Crime Stoppers.

A sketch of the suspect. RCMP

The man is described as South Asian, between 25 and 30, about five-foot-eight with a medium build and unkempt black hair.

He was wearing a black jacket with blue jeans and sandals and driving an older model, compact, black car — possibly a Honda Civic.

Average prices for detached Vancouver-area properties are set to bust the $1-million mark. JENNIFER GAUTHIER/METRO FILE

Prices still boiling up

REAL ESTATE

'Luxury' detached homes beyond reach for many

A dramatic shift is underway in Metro Vancouver's housing market as costly detached homes become a "luxury product" out of reach for many families, a new forecast reveals.

Central 1 Credit Union predicts that a widening price gap between apartment or condominium units and houses will be "difficult if not impossible to bridge."

"In previous years the housing ladder meant starting in a condo and transitioning to a detached home. That will no longer be the trend," senior economist Bryan Yu said in a statement. "For most families, the housing ladder will lead from one multi-family unit to another."

Across British Columbia, home prices and sales will continue to rise for the next two years, the report predicts. Average prices in the province will leap six per cent this year to $425,000, reaching $462,000 by 2017.

Median prices for detached Vancouver-area properties are set to shatter the $1-million mark, fuelled by a lack of land and relentless demand.

Yu said the dearth of detached homes is likely to continue, underpinned by a land base that is hemmed in by the ocean, the mountains, the U.S. border and an agricultural land reserve.

He noted that price momentum in Metro Vancouver has also spilled into the neighbouring Fraser Valley, anchored by Chilliwack and Abbotsford.

In contrast, the Alberta recession, a weak mining sector and few available homes will slow — but not cap — demand in B.C.'s Interior, northern B.C. and the Kootenays, he said.

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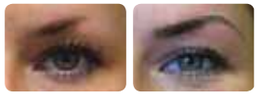

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BIODIVERSITY BLEACHED WHALE Skeleton articulator Michi Main uses paint to touch up spots on the tail of a 25-metre suspended blue whale skeleton during its first cleaning, repair and inspection since being installed at the University of British Columbia Beaty Biodiversity Museum in 2010, in Vancouver on Nov. 10. The whale skeleton is the largest suspended and internally supported skeleton in the world, according to the university. It belongs to a female whale that washed up on the coast of Prince Edward Island in 1987. UBC acquired the rights to recover the skeleton in 2007 after it was buried for two decades. DARRYL DYCK/THE CANADIAN PRESS

B.C. volunteers called to action

RESETTLEMENT

Vancouver expected to host 3,000 refugees

Emily Jackson
Metro | Vancouver

The Immigrant Services Society of B.C. is asking locals to help with the expected influx of Syrian refugees in the coming weeks after Canada announced it would open its doors to 25,000 people from the war torn country.

The ISS of B.C. put out a call to action on Tuesday asking Metro Vancouverites to help with the resettlement of the 3,000 Syrian refugees anticipated to arrive in B.C.

Extra help is needed as the group typically helps a maximum of 900 refugees from across the globe per year.

> **This is at the heart of our inclusive, compassionate, and diverse city.** Mayor Gregor Robertson

Newcomers will need help finding long-term affordable housing (they will start out in temporary shelters in churches or public buildings) and leads for jobs.

Volunteers are also wanted to help people wade through bureaucracy and learn how to use the banking and transit systems.

Volunteer counsellors are especially desired, as many refugees will have gone through traumatic experiences.

In a memo to city staff, Vancouver Mayor Gregor Robertson said the city is working with Coquitlam and Surrey to figure out how it can help.

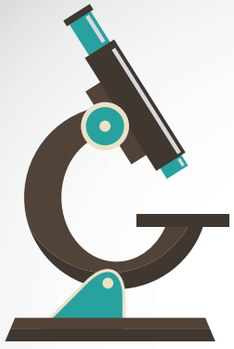
"Vancouver and communities across the country have a longstanding commitment to welcoming refugees and their families in times of need. This is at the heart of our inclusive, compassionate, and diverse city," he wrote.

Robertson said he spoke with Prime Minister Justin Trudeau and expressed Vancouver's willingness to help resettle refugees.

He also mentioned that Vancouver hosted a well-attended forum on the Syrian refugee crisis at city hall.

HELP WANTED

Mayor Robertson is encouraging Vancouverites to visit The Immigrant Services Society of B.C.'s website, ISSBC.org, to see if they can help.



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COAST GUARD

Ferry company says jumper may have to pay $40,000

Thandi Fletcher
Metro | Vancouver

BC Ferries says a man who threw a life raft off a ferry before jumping overboard last week may be responsible for paying tens of thousands of dollars in costs associated with the bizarre incident.

Deborah Marshall, spokeswoman for BC Ferries, said the incident cost the quasi-Crown corporation about $40,000, which it is looking to recover from the unidentified man.

"BC Ferries knows that fare affordability is a concern of its customers and is looking at avenues to recover costs from the individual responsible," Marshall said in an email to Metro.

On Nov. 4, around 10 p.m., the Coastal Celebration ferry to Swartz Bay was abruptly interrupted when a man deployed a 100-person life raft before jumping off the vessel into the frigid waters while shocked passengers on the passing Spirit of British Columbia watched.

Both ferries deployed life rafts in search of the man and were quickly joined by the Canadian Coast Guard and search-and-rescue crews.

Shortly after, RCMP received a report from a resident on nearby Galiano Island that a man had entered her home. Police said the man was naked, soaked, incoherent and not responding when he allegedly started throwing furniture and other items around, causing damage to the home. The resident fled without injury and called for help from a neighbour's home, police said.

Police said the man left the residence and walked to a nearby resort where he broke into one of the cabins.

He was eventually arrested without incident, and taken to Royal Jubilee Hospital for assessment, police said.

Mounties are recommending charges of breaking and entering, being unlawfully in a dwelling and mischief under $5,000. Marshall said BC Ferries is also pursuing charges against the man.

"A number of federal offences occurred in this incident, including tampering with lifesaving equipment," she said.

She said the costs associated with the incident include repairing the damaged life raft, outfitting the vessel with a replacement life raft, overtime pay for the crews on the Coastal Celebration and the Spirit of British Columbia, as well as extra fuel for both vessels.

The BC Ferries vessel Coastal Celebration travels between Mayne Island and Galiano Island. DARRYL DYCK/THE CANADIAN PRESS

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Reza Moazami sits in the prisoner's box in a Vancouver court. FELICITY DON/THE CANADIAN PRESS

Man gets 23 years for sex trafficking

SUPREME COURT

'Egregious' case involved pimping of underage girls

> **That type of sentence will send a huge message ... for those who are involved in exploiting young people in this city.**
> Sgt. Richard Akin

A B.C. man convicted of trafficking underage girls for sex has been handed a 23-year prison sentence in a case described by a judge as violent, extremely disturbing and "bordering on psychopathic."

Reza Moazami's sentence, delivered by B.C. Supreme Court Justice Catherine Bruce on Tuesday, is nearly three years longer than the prison time sought by the Crown.

Moazami, 30, was convicted in September 2014 on 30 charges involving 11 teenage girls as young as 14, including living off the avails of prostitution, sexual assault and sexual interference. He is the first person in the province found guilty of human trafficking.

Crown counsel had asked that Bruce impose a 20-year sentence, which Moazami's lawyer protested as "unduly harsh and crushing," arguing instead that 10 to 12 years minus time served would be more appropriate.

Bruce awarded Moazami about five years credit for time he had already spent behind bars awaiting trial, reducing his overall sentence to just under 18 years.

Dressed in dark jeans and a sharply pressed, oversized blue dress shirt, Moazami stared mostly straight ahead as his sentence was read.

Bruce told the court that Moazami repeatedly took advantage of young, vulnerable, often drug-addicted girls to make money and in turn had a "devastating" impact on many of their lives.

"His conduct warrants the highest condemnation by the justice system," she said.

She went through each of the 11 complainants, listing off numerous "egregious" instances in which he used physical and verbal abuse to coerce "his girls" into following orders.

"Mr. Moazami regarded free sex with his prostitutes as a perk to being their pimp."

Bruce spoke of Moazami forever changing the life of at least one of the girls: "His relationship with (her) was lengthy, coercive, violent, degrading and emotionally abusive."

"The harm caused was more than significant," she said.

THE CANADIAN PRESS

IN BRIEF

Woman killed, man faces charges in car crash

A 51-year-old Ladysmith woman has been killed in a two-vehicle crash on Vancouver Island. The victim died before the ambulance reached hospital. Officers say the 39-year-old driver of the second pickup fled but was located not far away. He was not seriously hurt and remains in custody, accused of failing to provide a breath sample and leaving the scene of an accident. THE CANADIAN PRESS

Police seek witnesses after two pedestrians hurt

Separate accidents involving pedestrians in Metro Vancouver have sent two people to hospital, both with severe injuries. Surrey RCMP say a 39-year-old woman was hit just after 6 p.m. Tuesday as she crossed a street. Less than an hour later, Abbotsford Police report a 74-year-old man was rushed to hospital after being hit. Officers want to speak to witnesses of either crash. THE CANADIAN PRESS

Serial poppy thief freed, strikes again, says police

Police in Nanaimo say they have arrested a man who is accused of stealing poppy donations in four separate thefts. RCMP say a 49-year-old man was arrested last Thursday after police received two reports of money being taken from poppy donations. Mounties say the same man is alleged to have stolen more poppy donations within 24 hours of being released. THE CANADIAN PRESS

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Model shown: CR-V Touring RM4H9FKNX

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Model shown: Accord Touring CR3F9FKN

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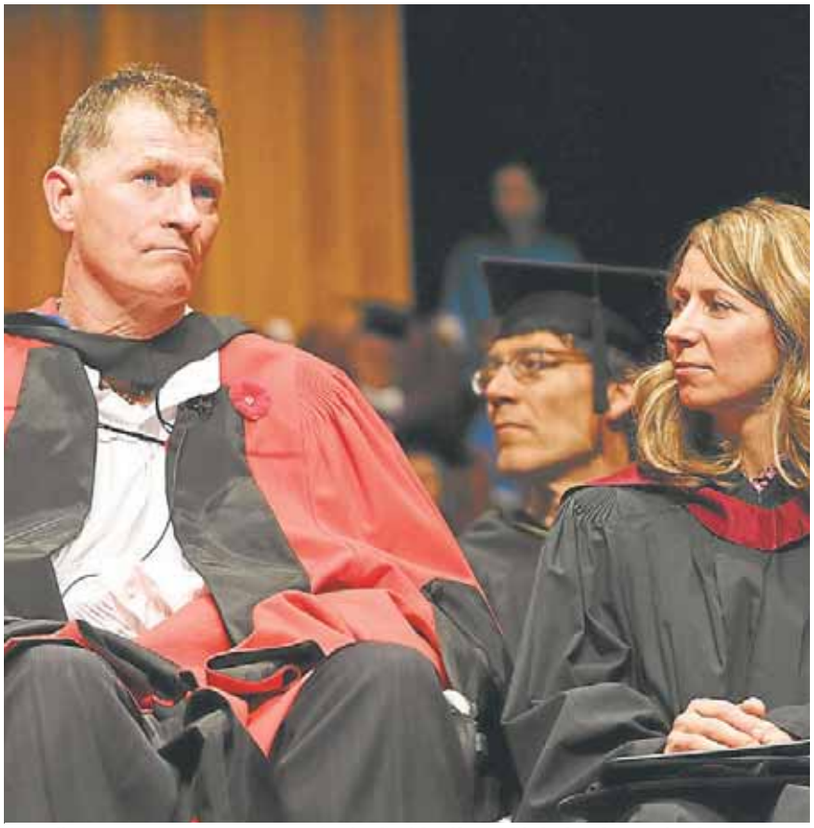

Canadian Forces Capt. Trevor Green (retired) with wife Debbie before he received an honourary Doctor of Education degree from the University of Victoria. CHAD HIPOLITO/THE CANADIAN PRESS

Injured vet given honourary degree

AFGHANISTAN

Still rebuilding his life after Taliban teen's axe attack

Capt. Trevor Greene remembers stepping off a Canadian Forces transport aircraft almost 10 years ago and feeling heat so intense that sweat exploded off his body.

"I smelled smoke and feces through my nostrils and as I stepped to the ground my boots sank ankle-deep into a fine dust," he said Tuesday.

Greene said those first steps in Afghanistan in 2006 are — like the births of his children — "marked indelibly on the soul."

The retired Canadian soldier received an honorary doctoral degree in education from the University of Victoria during a graduation ceremony Tuesday, nearly a decade after he almost died in Afghanistan when he was struck in the head with an axe.

The Seaforth Highlander called the award, "a great honour."

"I'm humbled," he said.

Greene said he was sipping tea with village elders near Kandahar during a peacemaking gathering, when a 16-year-old pulled a stone axe from his robe and struck Greene's skull, leaving "my brains leaking in the sand."

The Canadian soldiers had removed their helmets as a sign of trust and respect to the Afghan elders, but the youth's axe attack was the signal to launch a Taliban ambush.

Now 50, Greene said he has long since forgiven his attacker who was convinced by the Taliban "his only route to paradise was to kill an infidel."

Greene said he believes if the teen had known how to read, and read the message of love and tolerance in the Qur'an, he would not have been fighting for the Taliban.

"Instead, he was swayed by an evil group of people into an act, unthinkable," said the retired soldier.

Recovering from his brain injury is a daily struggle, but Greene said it has been worth it. He has re-learned many of his motor skills and is now able to stand with the aid of a walker.

Greene has become an advocate and inspiration for brain injury survivors, and said he believes his has been one of the world's most studied organs.

Doctors have proved through testing his brain that unaffected areas of the brain can take over injured areas of the organ, Greene said.

"It gives hope to brain-injured people who are told there's no healing after six months."

Prior to the convocation ceremony, Greene said his honorary degree holds special significance for him, especially since it came hours before Nov. 11.

"I'll be honouring the fallen and before Remembrance Day it is fitting to be recognized for something that happened in Afghanistan," Greene said. "I'll be crying, probably, at taps and the lament."

THE CANADIAN PRESS

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PHILANTHROPY

App to help feed Syrian children

Gilbert Ngabo
Metro | Toronto

There's now an app for helping Syrian refugees.

The World Food Program launched ShareTheMeal, a mobile app that aims to help smartphone users around the world contribute to efforts of feeding Syrian schoolchildren in Jordan.

"WFP is currently struggling to get enough help for Syrians," said Julie Marshall, the Canadian spokeswoman for the organization.

"This innovative idea will make it a lot easier for people to donate, and will help us reach a different demographic of donors."

The organization is helping about four million people access food inside Syria each month, as well as over a million refugees in neighbouring countries, she said.

The potential for using the app to donate is huge. In a ShareTheMeal test conducted recently in Germany, Australia and Switzerland, more than 120,000 mobile users provided nearly two million meals for schoolchildren in Lesotho, a southern African country.

WFP provides food assistance to nearly 20,000 school-aged Syrian children inside Jordan. As the crisis continues and funding becomes critical, the organization hopes ShareTheMeal becomes a new way for sourcing funds, said Marshall.

"The app will remind people how lucky they are, and hopefully make them help other people around the world," she said.

The app will be available for free on iOS and Android starting Thursday morning.

IMMIGRATION

Liberals to meet to contemplate refugee plan

The Liberal cabinet will meet Thursday to consider a plan to bring in 25,000 Syrian refugees by the end of the year. Details about how the new government intends to make good on its campaign pledge have been closely guarded since a special cabinet committee agreed on a strategy earlier this week. Immigration Minister John McCallum has said repeatedly that all options were on the table — including military transport, temporary housing on military bases, commercial air travel, and transport by boat. TORSTAR NEWS SERVICE

A sign warns to avoid contact with St. Lawrence River water in Montreal on Wednesday. PAUL CHIASSON/THE CANADIAN PRESS

MONTREAL

Sewage disposal in river going to plan

There have been no hiccups so far as the City of Montreal started the controversial process of dumping eight billion litres of raw sewage into the St. Lawrence River, Mayor Denis Coderre said Wednesday.

Coderre said everything was proceeding as planned and the infrastructure repair work that necessitated the discharge would begin soon.

At 12:01 a.m. Wednesday, certain sewers began diverting untreated sewage away from an aging interceptor and directly into the river, which will continue for about a week.

The release of untreated waste water is necessary in order to complete repairs on an aging interceptor tunnel that feeds sewage to a treatment facility as well as to relocate a snow chute.

"We are protecting our river and it's better to have (the discharge) planned than just to react to a (break or rupture) where we might have even more waste water," Coderre said. THE CANADIAN PRESS

A Justin Trudeau-like vow for an equal number of men and women in U.S. cabinet? No thanks, says Donald Trump.
PHOTO ILLUSTRATION: ANDRES PLANA/METRO

Parity, schmarity: Trump pans pledge

POLITICS

Merit over gender balance, says billionaire

Critics of Justin Trudeau's guarantee of a gender-equal cabinet have found a famous ally south of the border: Donald Trump.

The billionaire politician was asked Wednesday in an interview about imitating the new Canadian prime minister's half-male, half-female cabinet — and he said no.

MSNBC interviewer Mika Brzezinski brought up Trudeau's stated rationale for the move — "because it's 2015" — and she asked the Republican nomination contender whether he'd follow suit.

Trump replied he has many, many women working for his companies. Perhaps even more than 50 per cent, he said. But he said he'd make cabinet appointments based exclusively on merit, not quotas.

"I'm not one that has to make a pledge," Trump said. "I wouldn't want that. Because I will tell you: I want the best person at each position ... I'm going to get the best people for the job."

> **I'm going to get the best people for the job.**
> U.S. presidential hopeful Donald Trump

He mentioned, for example, billionaire investor Carl Icahn who has endorsed Trump and is apparently already lined up for a cabinet spot should the real-estate-selling reality-TV star win the White House.

Trump has taken a few positions on other issues relevant to Canada in recent months, as he has mostly led the Republican nomination polls.

He has dismissed the idea of a border wall with Canada, despite enthusiastically proposing one with Mexico. He opposes the Trans-Pacific Partnership trade pact because he says it's a bad deal for the United States.

And he supports the Keystone XL pipeline. Trump has mused about possibly requesting better terms from TransCanada Corp., but he is in favour of building the stalled pipeline. THE CANADIAN PRESS

MEXICO

Nova Scotia couple found dead in hotel

A Canadian couple who had travelled to Mexico to attend their daughter's wedding has been found dead at a hotel near the resort city of Playa de Carmen.

A family member said Charles Mackenzie and his wife, Dorothy Mackenzie, both from Baddeck, N.S., were found dead on Monday.

Charles Mackenzie's brother-in-law Douglas Hastings said family members currently in Mexico for the wedding were dealing with their deaths.

"I know that they're more concerned about the remains and cremation and things like that. I don't really know about the wedding," said Hastings, whose wife was also in Mexico.

An official from the prosecutor's office in the Mexican state of Quintana Roo said the couple's bodies were found in a whirlpool spa and showed no signs of violence.

The official, who wouldn't give her name as she wasn't authorized to speak publicly about the case, said autopsies have indicated that Charles Mackenzie died of a heart attack and his wife died of asphyxia by submersion.

She said the deaths appeared to be accidental and linked, suggesting the man's heart attack may have somehow caused the woman to drown.

A spokesman for the Playacar Palace hotel, where the couple was staying, said the deaths are still under investigation. THE CANADIAN PRESS

HELP ABROAD

Department confirms couple's death

A spokesman with the Department of Foreign Affairs, Francois Lasalle, confirmed the deaths of two Canadians in Mexico and said consular officials in Playa del Carmen were helping the couple's family and friends.
THE CANADIAN PRESS

No evidence hospital housed Taliban before attack: Report

AFGHANISTAN

U.S. military relied heavily on its Afghan allies for strike

Immediately after the U.S. killed at least 30 people in a devastating airstrike on a charity hospital, Afghanistan's national security adviser told a European diplomat his country would take responsibility because "we are without doubt, 100 per cent convinced the place was occupied by Taliban," according to notes of the meeting.

More than a month later, no evidence has emerged to support that Afghan position. Eyewitnesses said they saw no gunman at the hospital.

Instead, there are mounting indications the U.S. military relied heavily on its Afghan allies who resented the internationally run hospital, which treated Afghan security forces and Taliban alike but says it refused to admit armed men.

The new evidence includes details about the location of American troops during the attack. The U.S. special forces unit whose commander called in the strike was under fire in the Kunduz provincial governor's compound a half-mile away from the hospital, according to a former intelligence official who has reviewed documents describing the incident. The commander could not see the medical facility — so couldn't know firsthand whether the Taliban were using it as a base — and sought the attack on the recommendation of Afghan forces, the official said.

Looking ahead, the strike raises questions about whether the U.S. military should rely on intelligence from Afghan allies in a war in which small contingent of Americans will increasingly fight with larger units of local forces.

Also at issue is how American commanders, with sophisticated information technology at their disposal, could have allowed the strike to go forward despite reports in their databases that the hospital was functioning.

THE ASSOCIATED PRESS

> **When we make a mistake, we will not only own up to it, we will also scrutinize all of the facts to learn from them so that it never happens again.**
>
> Pentagon spokesman Navy Capt. Jeff Davis

IN BRIEF

Serbian PM makes pledge for rejuvenation project

Serbia's prime minister said Wednesday his country is donating five million euros to rejuvenate the Bosnian town of Srebrenica, where Serbs slaughtered 8,000 Muslim men and boys during the war 20 years ago.

Prime Minister Aleksandar Vucic attended a regional investment conference in the eastern town and said that the first two million euros will arrive by Monday.

The move is yet another attempt to atone for war atrocities that have kept the region unstable.

THE ASSOCIATED PRESS

PAUL ELLIS/AFP/GETTY IMAGES

JOE RAEDLE/GETTY IMAGES

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DAN KITWOOD/GETTY IMAGES

REMEMBRANCE DAY

A world united

Ever since the end of the First World War, November 11 is observed around the world as an occasion to honour and remember veterans of war.

1 Armistice Day — Alrewas, England: A woman touches a memorial plaque at the National Memorial Arboretum.

2 Veterans Day parade — Miami Beach, Florida: Kelvin Cabrera salutes as the parade marches past.

3 Field of Remembrance — London England: Crosses and poppies are hidden by fallen leaves outside Westminster Abbey.

4 Vietnam Veterans Memorial — Washington, DC: A veteran searches for the name of a fallen peer.

REFUGEE CRISIS

EU pushes for migrant returns as Slovenia tightens security

The European Union pressed African leaders on Wednesday to take back thousands of people who do not qualify for asylum, as overwhelmed Slovenia began building a razor-wire border fence to keep migrants at bay, raising tensions with neighbouring Croatia.

Sweden, also struggling to manage the influx, became the latest EU nation to announce the introduction of temporary border controls, as of Thursday.

The Europeans say most Africans are coming in search of work and should be sent home, but many deliberately arrive without documents and must wait months before they are taken back.

At an EU-run summit in Malta, African leaders are set to commit "to co-operate with the EU on return and admission, notably on travel documentation," according to the latest draft of an "Action Plan" being drawn up.

The president of Niger — a major transit route for Africans heading to lawless Libya in the hopes of crossing the Mediterranean to Europe — was cautious about opening the floodgates for people to return.

800,000

The number of people that have entered Europe by sea this year.

3 million

The EU predicts that three million more could arrive by 2017.

"We are open to talking about it. Everything will depend on the conditions that will be put in place for when they arrive," President Mahamadou Issoufou told reporters in the Maltese capital Valletta, adding that the best method of solving Europe's migration crisis is to attack the root causes forcing people to leave in the first place.

"We can put security measures in place, but the flow will remain difficult to stop as long as we don't take measures to reduce poverty," he said.

The EU is working closely with Niger to stem the flow of migrants toward Libya, and ultimately to Europe. It is also trying to seal deals with Morocco, Tunisia and Egypt.

One was signed with Ethiopia as the two-day summit began.

The move gives Ethiopia — a major hub for people trying to reach Europe — access to money from a 1.8 billion euro trust fund.

But the head of the African Union, Nkosazana Dlamini Zuma, expressed concern that moving on returns too quickly might result in the building of reception centres where people are held until they can be granted asylum or be sent home.

THE ASSOCIATED PRESS

Seven murders ignite Afghans

MIDDLE EAST

Kabul erupts in violence as protesters demand justice

Anger and frustration over the brutal killings of seven members of Afghanistan's minority Hazaras spilled into the streets of Kabul on Wednesday, with about 10,000 people marching to demand justice for the Shiite minority and calling on the government to do more to ensure the nation's security or step down.

The case of seven Hazaras, whose beheaded bodies were found Saturday in the country's southeastern province of Zabul, appears to have galvanized many in war-battered Afghanistan, uniting them across ethnic and sectarian divides.

No one claimed responsibility for the killings, though Afghan officials have blamed a range of extremists, from Taliban insurgents to an emerging affiliate in Afghanistan of the Islamic State group, which is fighting in Syria and Iraq.

The protest climaxed outside President Ashraf Ghani's heavily fortified presidential palace at Pashtunistan Square, where marchers brought the coffins, draped in green flags symbolizing the Shiite minority.

At one point, presidential guards opened fire as some of the protesters tried to scale the walls and get into the palace grounds. The president's deputy spokesman, Zafar Hashemi, said the shooting wounded 10. It was not immediately clear if Ghani was inside the palace at the time.

Shortly afterward, Ghani went live on national TV, appealing for calm and promising the Hazara deaths would be avenged. "The nation's pain is my pain," he said, vowing the authorities would have "no mercy" on the killers.

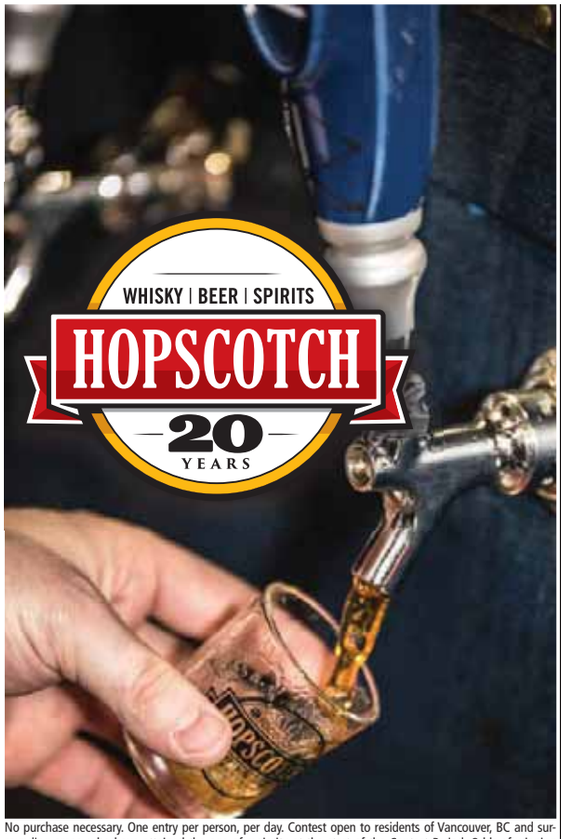
"Like you, I will not calm down until the perpetrators of these crimes are brought to justice. We shall revenge the blood of our brothers and sisters," he said, saying the "enemies of Afghanistan" are trying to create disunity and "bring ethnic and sectarian violence" to the country.

The seven coffins had also been moved inside the palace grounds where they would stay the night — a conciliatory gesture following the gunfire.

THE ASSOCIATED PRESS

> **Like you, I will not calm down until the perpetrators of these crimes are brought to justice.**
> Afghanistan President Ashraf Ghani

Thousands of protesters marched coffins containing the bodies of seven Shiite Hazaras through the Afghan capital Kabul to demand justice for gruesome beheadings, which prompted fears of sectarian bloodshed in the war-torn country. SHAH MARAI/AFP/GETTY IMAGES.



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INDONESIA

Elephants on a fire brigade

Forest fires difficult to control? Call in the pachyderm patrol.

Officials in Indonesia are using trained elephants outfitted with water pumps and hoses to help control fires that have claimed vast amounts of forest while sending thick haze into neighbouring countries.

For nearly three months, Riau province in East Sumatra has been blanketed by smoke from forest fires and land clearing, especially in peat-rich areas where flames are difficult to contain.

At the elephant conservation centre in Siak district, 23 trained elephants are being used as "forest watchdogs."

Carrying water pumps and other equipment, elephants and their crews patrol burned areas in the national forest to ensure that fires don't reappear after smouldering beneath the peat lands.

Supartono, the head of the Riau Forestry Division, who uses one name, said the elephants had earlier been trained to help patrol forests to find people encroaching illegally, as well as to resolve frequent conflicts between wild elephants and people by driving the wild elephants that enter human settlements back to their habitats. THE ASSOCIATED PRESS

Forestry officials load up an elephant. THE ASSOCIATED PRESS FILE.

EUROPEAN UNION

Labels anger Israel

The European Union's decision Wednesday to start labelling Israeli products made in the West Bank delivered a resounding show of international disapproval over Israel's expansion of Jewish settlements and raised the pressure on Prime Minister Benjamin Netanyahu to renew peace efforts with the Palestinians.

Israel condemned the measure as unfair and discriminatory, but it appeared helpless to stop its growing isolation over the settlement issue and its treatment of Palestinians. Relations with the EU in particular have deteriorated in recent years due to disputes over the settlements.

"The EU decision is hypocritical and constitutes a double standard," Netanyahu said, adding that Israel had been unfairly singled out. Speaking from Washington, he said, "The EU should be ashamed."

THE ASSOCIATED PRESS

PLANE CRASH

Seven real estate workers dead after jet hits house

Seven associates of a Florida real estate investment company were on the second day of a multicity Midwestern trip to look at property for potential shopping centres when their small jet crashed into an Ohio apartment house, killing all nine people onboard. The two pilots also were killed. Investigators are trying to determine what caused the crash.

THE ASSOCIATED PRESS

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†Pict.(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from November 5 to November 30, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,715, $22 AMVIC, $850 A/C charge (where applicable). Excludes taxes, licensing, PPSA, registration, insurance, variable dealer administration fees, fuel-fill charges up to $500, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ^0% financing for up to 84 months or up to $2,000 discount available on other select 2015 models. Discount is deducted from the negotiated purchase/lease price before taxes. Maximum $2,000 discount ($6,000 cash discount and $2,000 GTA credit) is offered on 2015 Optima hybrid (LX EXP MAY) only. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2016 Sportage LX FWD 6MT (SPF55D) with a selling price of $24,405 is based on monthly payments of $284 for 84 months at 0%, with a $0 down payment and first monthly payment due at finance inception. Offer also includes $1,000 cash discount. Other taxes, registration, insurance and licensing fees are excluded. **Cash Purchase Price** for the new 2015 Optima hybrid (A AT EXP MAY) is $28,752 and includes a cash discount of $7,000 including $6,000 cash discount and $1,000 GTA credit. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. **Representative Leasing Example:** Lease offer available on approved credit (OAC), on new 2016 Sorento LX (A1 EXP MAY) (SR75RU) 2015 Optima LX (A1 EXP MAY) is $28,752 and includes a cash discount of $7,000 including $6,000 cash discount and $1,000 GTA credit. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. **Representative Leasing Example:** Lease offer available on approved credit (OAC), on new 2016 Sorento LX (A1 EXP MAY) (SR75RU) 2015 Optima LX (A1 EXP MAY) with a selling price of $29,012 is based on monthly payments of $292 for 84 months at 1.9%, $0 security deposit, $3,000 lease cash, $1,975 down payment and first monthly payment due at lease inception. Total lease obligation is $31,520.88. 2.4L Sorento LX FWD 6MT (SR75RU) with the option to purchase at the end of the term for $17,078.25, 1.6T Sorento LX AWD 6MT (SR75RU) with the option to purchase at the end of the term for $17,078.25, 2.4L Sorento LX FWD 6MT (SR75RU) with the option to purchase at the end of the term for $17,078.25, 1.6T Sorento LX AWD 6MT (SR75RU) with the option to purchase at the end of the term for $17,078.25, Luxury Sport SL

IN BRIEF

Canada's share of Molson Coors revenue to drop

Molson Coors will nearly double its size once it completes a $12-billion US purchase that secures full ownership of its U.S. beer business and gains worldwide control of the Miller brand. Mark Hunter, the CEO for Molson Coors, said the "game-changing" transaction to acquire full ownership of Miller Coors — a partnership with SABMiller — will allow the company to invest more in its brands and increase consumer choice. Canada's share of total revenue will drop to 15 per cent. THE CANADIAN PRESS

market minute

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13,341.93 (–69.70)

OIL
$42.93 US (–$1.28)

GOLD
$1,084.90 US (–$3.60)

NATURAL GAS: $2.263 US (–5.7¢)
DOW JONES: 17,702.22 (–55.99)

TransCanada has few options for Keystone

OILSANDS

New permit a non-starter as long as Obama is president

U.S. President Barack Obama, with Vice-President Joe Biden, announces Friday he's rejecting the Keystone XL pipeline.
THE ASSOCIATED PRESS FILE

Immediately after U.S. President Barack Obama denied a permit for the Keystone XL pipeline, TransCanada Corp. vowed to review all of its options.

Unfortunately for the Calgary-based company, none of those options are quick, simple or sure to succeed, according to a Washington, D.C., lawyer who at one time dealt with energy issues at the U.S. Department of Justice.

"There's not much anyone can do to reverse the decision practically or legally in the short-term," said Jim Rubin, now a partner at Dorsey & Whitney.

The one possibility TransCanada raised in its statement Friday was filing for a new permit to ship oilsands crude across the border. That's a non-starter as long as Obama is in the White House, said Rubin. Same story if the Democrats win the 2016 election, given the front-runners for the nomination have come out against the project.

The best hope, said Rubin, is for TransCanada to bide its time and see if the Republicans take power in 2017.

Going through the courts is the most complicated route, said Rubin, adding that the optics of TransCanada itself launching a lawsuit aren't great. Other parties could argue they've suffered economic harm as a result of the project not going ahead, but that's tough to prove.

A challenge under the North American Free Trade Agreement would be a protracted process, and a win would be far from a sure bet. The best-case scenario for TransCanada would be recouping funds it sunk into the project, said Rubin.

TransCanada may look at building pipe along the same route of its existing Keystone network, which has been delivering crude to the Midwest since 2010, Oklahoma since 2011 and the Gulf Coast since early 2014. THE CANADIAN PRESS

MEXICO DEAL

Natural-gas pipeline

TransCanada Corp. has won a contract to build, own and operate a $500-million US natural-gas pipeline for Mexico's state-owned power company. The company says the pipeline should be completed by late 2017 and it has a 25-year contract with the Comision Federal de Electricidad to operate the line.

AIRLINES

Satellite tracking agreed to

A deal reached at a UN meeting on Wednesday opens the way for satellite tracking of airliners, a major breakthrough motivated by the March 2014 mystery disappearance of Malaysia Airlines flight 370 with 239 people on board. Debris from the Boeing 777 was found in the Indian Ocean in July.

The agreement allows nations to set aside radio frequencies so that airplanes can be tracked by satellite — not just from the ground.

Under current radar-based systems, the movement of planes is monitored by land-based systems, leaving around 70 per cent of the world's surface uncovered, according to the International Telecommunications Union.

Modern planes that can send what are known as Automatic Dependent Surveillance-Broadcast, or ADS-B, signals to the ground are now on track to send signals to satellites too — with implementation expected by 2017. THE ASSOCIATED PRESS

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More young women flying back to nest

STUDY

Marrying later, student debt, living costs all playing a role

New research has found that 36.4 per cent of women between the ages of 18 and 34 lived with parents or relatives in 2014, the most since at least 1940. ISTOCK

The percentage of young women living at home with parents or relatives has risen to its highest level since 1940 as more millennial women put off marriage, attend college and face high living expenses.

A Pew Research Center analysis of U.S. Census Bureau data found that 36.4 per cent of women between the ages 18 and 34 lived with parents or relatives in 2014, the most since at least 1940, when 36.2 per cent lived with family.

It is a very different world for women now, though, despite the "return to the past, statistically speaking," says Richard Fry, a senior economist at Pew.

Fry says young women are staying home now because they are they are half as likely to be married as they were 1940 and much more likely to be college-educated. Other economic forces, such as increasing student debt, higher living costs and economic uncertainty, are also playing a role.

Casey Ballard was living away from home in Portland, Oregon, but rent ate up roughly two-thirds of her paycheque and she was ready for a career change. A September move back with family in California allowed her to try out teaching as a substitute and to pursue teaching full-time.

"There was that element of frustration and feeling like a failure," she says about returning home. "But then the logical side of me kicked in and said, 'It's just fiscally responsible.'" THE ASSOCIATED PRESS

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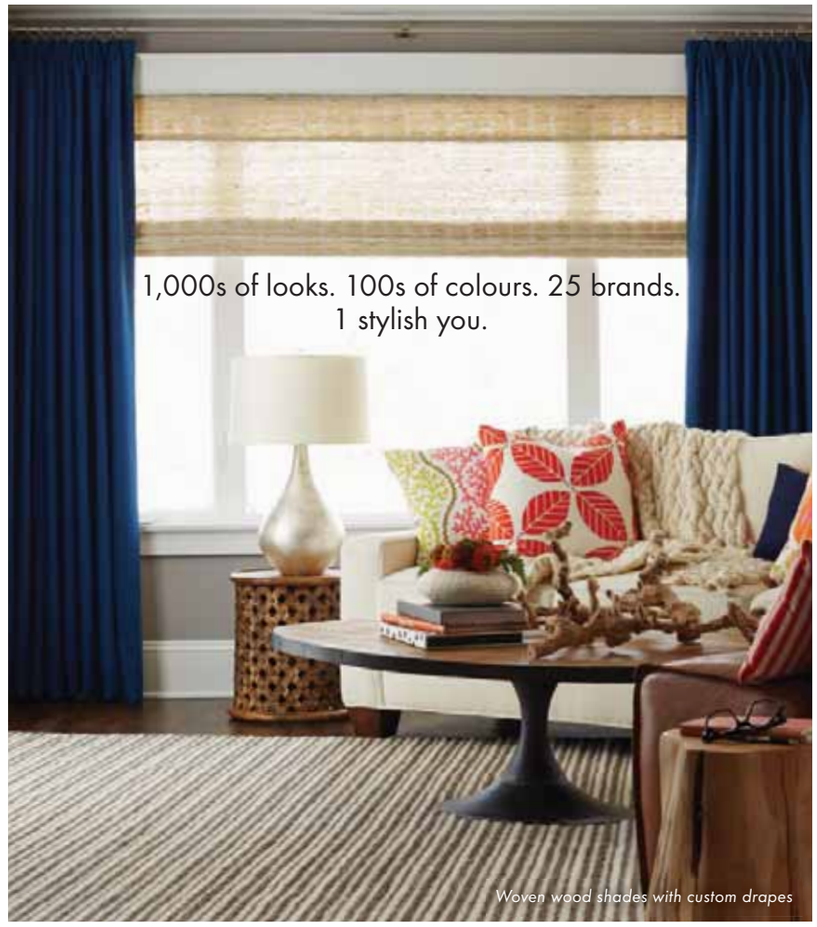

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metro VIEWS
Your essential daily news
Thursday, November 12, 2015

CHANTAL HÉBERT: ON THE TORIES' FADE

It's not just that the Conservatives lost control of the federal agenda for the foreseeable future but also that they are all but a spent force on the provincial scene.

The Conservatives' defeat on Oct. 19 will not go down in history as the worst electoral beating the party has ever endured, but it has driven Canada's conservative movement further into the political wilderness than at any other time in its recent history.

It is not just that the Conservatives lost control of the federal agenda for the foreseeable future, but also that they are all but a spent force on the provincial scene. That's obviously bad news for the parties that make up the right, but it is also a loss for the national conversation.

By the time Canada's premiers join Prime Minister Justin Trudeau at the Paris climate conference next month, Saskatchewan's Brad Wall will likely be the only conservative first minister still standing.

Once the voters of Newfoundland and Labrador go to the polls at the end of the month, polls suggest the province's Tory government will be history.

For the first time in the living memory of most voters, there is not a Conservative government at the helm of one of the four larger provinces and no prospect that one will be elected anytime soon.

The Liberal governments of Ontario and Quebec, and the New Democrats in Alberta are all in the first half of majority mandates. Regime change — should it come to British Columbia in 2017 — is more likely to bring another NDP government to the fore than a more conservative one.

In the short term, Manitoba offers the Tories their best (and only?) hope of bolstering their presence at the federal-provincial table.

But it will take more than a provincial victory or two to fix the malaise that ails the Conservative movement.

Harper's brand of conservatism was massively rejected in Atlantic Canada last month and it never took root in Quebec. In that province the party's recent seat gains mask a drop to the lowest Conservative score in the popular vote (16 per cent) in Quebec in a decade.

In a set of byelections earlier this week, the Coalition Avenir Québec — the closest thing to a provincial conservative party in Quebec — did even more poorly.

Ontario and Alberta are homes to conflicted and divided Conservative houses.

Since Mike Harris retired more than a decade ago, the Ontario Tories have failed to find a path back to power or, for that matter, to agree on a course to get there.

In Alberta, the warring factions within the Conservative movement have taken their differences to the electoral arena in a fratricidal battle that neither side is poised to win.

It will be interesting to see how the internal tensions in the two provinces that have been the pillars of the federal Conservative party will play out in the upcoming campaign to select Harper's successor.

If the past is any indication, those vying to succeed Harper will more likely be auditioning for a spell in the role of leader of the opposition than for the job of prime minister.

After the Trudeau, Mulroney and Chrétien/Martin decades, it took almost 10 years for their respective parties to regroup and stage a successful bid for government.

In fact, the Conservatives should not assume they hit rock bottom on Oct. 19.

The Liberals — who went from bad to worse under Stéphane Dion and Michael Ignatieff — can testify to the perils of that particular delusion.

Meanwhile though, a Conservative vacuum of this magnitude on the federal-provincial scene is unprecedented.

Pierre Trudeau sat across from William Davis in Ontario and Peter Lougheed in Alberta. Jean Chrétien was paired with Ralph Klein and Harris. Those strong premiers, hailing as they did from provinces that no federal ruling party could ignore, provided a counterweight to the Liberal government of the day, and often forced it to up its game.

Over the Chrétien decade, a lot of the intellectual impetus for groundbreaking federal policies came from the right. It was provincial Conservative politicians who broke the trail to balanced budgets and the Reform Party planted the seed of what became the Liberal's Clarity Act.

But the Harper Conservatives always seemed to bring less policy heft to the exercise of power than their party in opposition.

They had lost their identity some time before they lost their place in government.

For the first time in the living memory of most voters, there is not a Conservative at the helm of one of the four larger provinces.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Retail on the road

Have you ever tried to exit a bus only to run into the person in front of you, gazing at something on their phone? Blame online retailers. According to research by Ipsos and the admittedly self-interested PayPal Canada, 14 per cent of Canadian commuters use transit time to shop on their phones, and 76 per cent would if they had better Internet access. PayPal says the number of commuter-shoppers could increase fivefold if Wi-Fi was available on-board. So until hands-free, eyes-free mobile payments are invented, ever more multi-taskers will slow the flow of people on public transport because they're comparison-shopping for cat toys.

TORSTAR NEWS SERVICE

ROSEMARY WESTWOOD

metroview

This week's episode of Latent and Not-So-Latent Sexism

Welcome to Recently in Latent and Not-So-Latent Sexism.

1. Jose Bautista, whose bat flip got us all hot and bothered, pens a nice defence of said bat flip that doubles as a celebration for cross-cultural baseball. But slipped into a description of how it felt to step up to the plate, he offers this charmer: "It's the closest I have ever felt to being a superhero. I felt like I was Batman, and the villain had the girl dangling off the edge of the building." Did you do it, Bautista? Did you save the girl?!

2. In his widely memed music video for Hotline Bling, Drake confuses his ex's sexy party time and international vacations for the behaviour of a "bad girl." The female artist Ceresia covers the song from a woman's perspective to help him really hear himself. That cover spawns my own counsel to Drake: She probably is getting nasty with someone else, so you might want to consider going out more, you know? Instead of waiting for that late-night hotline bling? Best of luck in your new city.

3. Ralph Nader, allegedly very upset about interest rates, publishes an open letter to the U.S. Federal Reserve's first-ever chairwoman, Janet Yellen, and advises her that she should "Sit down with your Nobel Prize winning husband, economist George Akerlof," so they can "together, figure out what to do." (Note: for more on the curious practice of condescending to female economists and making sure to point out that they're wives, see a recent article devoted to the topic in the New York Times' The Upshot blog.)

4. Bloomingdale's, sensing that rape culture is so hot right now, releases a print ad featuring a man gazing at a woman (who's having a big laugh with someone in the opposite direction) with the handy how-to direction: "Spike your best friend's eggnog when they're not looking." The company apologizes, citing recent feedback, furthering the cause of shallow moral relativism. Bloomingdale's does not explain why the words "best friend" are bolded in the ad, though one might assume it's a nod to the fact that 80 per cent of sexual assaults are committed by someone known to the victim.

5. Alberta judge Robin Camp faces possible dismissal after showing a disregard for Canadian law by replacing the Supreme Court of Canada's definition of consent to sexual touching with "Why couldn't you just keep your knees together?"

Thanks for reading. That concludes this edition of Recently in Latent and Not-So-Latent Sexism. Till next time.

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/ OR /

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(INCLUDES $1,000 OWNER CASH†† AND $500 NOVEMBER BONUS◊)

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POLITICS OF THE WARDROBE

Sophie's easy-going elegance captivates fashion lovers

Marlene Rego
For Metro Canada

Sophie Grégoire-Trudeau has all the hallmarks of a style-icon-in-the-making with many ready to brand her Canada's Kate Middleton. They both married into a dynasty and share a glossy mane, but that's where the comparisons end. It's almost impossible to picture The Duchess, for instance, walking her kids to school in a pair of distressed denim flares and a white tee as Grégoire-Trudeau did on the first day back. It's precisely her relatable, relaxed approach that has put the entire country on Sophie Style Watch.

For her first official appearance as the prime minister's wife, she made a conscious choice to wear Canadian designers in an embellished Erdem dress and Sentaler coat — she also wore a grey Sentaler coat to yesterday's Remembrance Day ceremony — ostensibly aware that doing otherwise could come across as an early misstep. Instead, her swearing-in ensemble (styled by good friend Jessica Mulroney) prompted dozens of wardrobe dissections.

Sarah Bancroft, Vancouver-based editor-in-chief of vitamindaily.com credits her popularity with an easygoing elegance. "While many first ladies have nailed the elegant part, the relaxed part doesn't come across as frequently."

It seems the personal is public for Grégoire-Trudeau, at least in her proven talent for toeing the line with her style choices. "It's a fine balance. I'm sure it's not easy finding the perfect pieces," says Bancroft, who points to Grégoire-Trudeau's early TV work and time with Holt Renfrew as a personal shopper for her honed style.

Grégoire-Trudeau's choices so far lean toward a Made-in-Canada mandate, though it's too premature to predict whether she could have the same effect as Kate Middleton on much-needed sales.

"If we make noise about specific things she wears, I think it will definitely have an impact. I've seen so many posts on Facebook with people asking 'Where did she get that coat?'" says Montreal-based blogger Lolitta Dandoy of Fashion Is Everywhere (fashioniseverywhere.com).

This is exactly what the Canadian fashion industry needs at the moment, says Dandoy, who cites the loss of Montreal Fashion Week two years ago as a discouraging low-point for local designers.

Bancroft agrees, especially now that all eyes are on the most photogenic pair in Ottawa. "Canadian designers need all the spokespeople they can get."

The coming-out look

For Justin Trudeau's swearing-in, she cleverly chose to #WearCanada in an alpaca wrap coat by Toronto-based Sentaler and dress by CAFA award-winner Erdem. Bancroft thinks she made the right call to go understated but definitive with her style. "She's gone for more neutral colours, which is an interesting choice because a lot of first ladies will try to go for something really bold and statement-making."

Election day

Dandoy references this monochromatic look as the epitome of Grégoire-Trudeau's "cozy-chic" style. It's a classic choice that proves she can pull off effortless with three tots in tow.

On-duty mom

"It takes a lot of confidence to pull something like this off when you know you're going to be photographed. It suits her; it's also a throwback to Margaret (Trudeau), pictured in the black-and-white photo, and the '70s silhouette happens to be in again," notes Bancroft.

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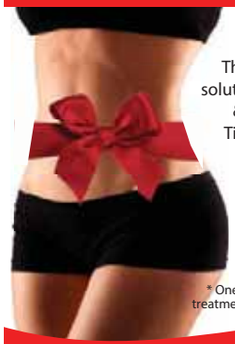

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3 LOOKS THAT WOULD BE AMAZING ON SOPHIE

Canadian designers so far haven't had a lot of help from the government, says fashion editor Sarah Bancroft. "To have someone in the public eye such as Sophie wearing Canadian designers — it will have a huge impact here in Canada and internationally." Here are local designs we think she should wear next MARLENE REGO/FOR METRO

Tanya Taylor

The Toronto-born, New York based designer is on heavy rotation with U.S. First Lady Michelle Obama, Beyoncé and Taylor Swift. We're predicting Grégoire-Trudeau would love any of the classic '70s boho silhouettes seen in the Fall 2015 collection.

Quebec designers

Grégoire-Trudeau's ties to the fashion industry allowed her to design her custom wedding gown back in 2005. Montreal blogger Lolitta Dandoy hopes she'll continue to support local designers by wearing pieces from the collections of Dénis Gagnon (pictured), Mélissa Nepton, Mackage or Montreal duo Tavan & Mitto.

Partyskirts

While we wouldn't be surprised to find her in a formal Greta Constantine gown, Smythe or Pink Tartan, Bancroft would like to see Grégoire-Trudeau shine the spotlight on smaller Canadian brands such as Partyskirts. "The silk high-waisted skirts come in all kinds of jewel tones. For the holidays I think this would be really fun on her, it's festive but also quite conservative at the same time."

ALL PHOTOS: CONTRIBUTED

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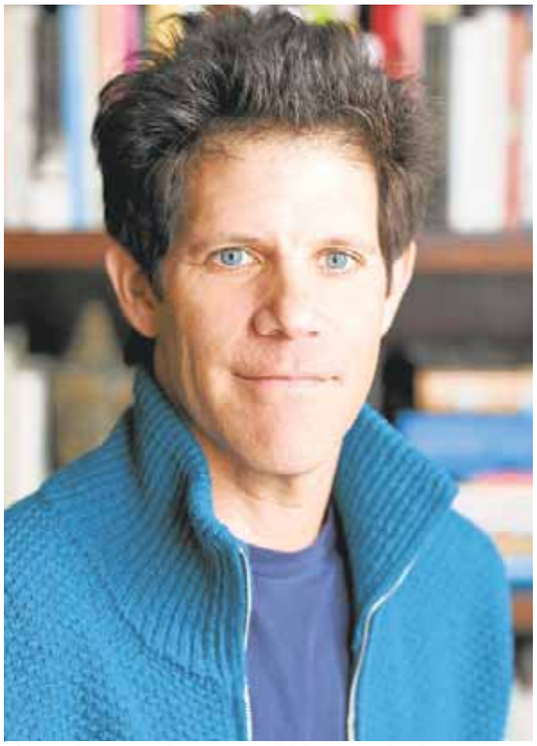
Stars share their best advice in six words



Six-word story catalyst Larry Smith has a new book. CONTRIBUTED

COLLECTED WISDOM

Larry Smith on power of half a dozen words to the wise

Rachel Vigoda
Metro | New York

In the age of Twitter, the idea of sharing wisdom using just a few letters is *de rigueur*. But that wasn't the way of the world when Larry Smith launched the Six-Word Memoir project in 2006, challenging people to tell a story in just six words.

More than a million mini-stories have been shared at SixWordMemoirs.com, sparking a series of books.

Last week, Smith released the latest book, The Best Advice in Six Words. In it are witty nuggets from actors, singers and writers, including Smith's wife, Piper Kerman, the real-life Piper of Orange Is the New Black. (She wrote the memoir that became the Netflix hit.)

We spoke with Smith about his favourite piece of advice and watching himself on OITNB.

How did you pick who would contribute to your book?
We contact(ed) some of our favorite people from worlds we all love: the arts, comedy, food, science, writing, wellness and more. Sometimes I get lucky and catch someone like Taylor Schilling ("You're okay, right now, I promise"), Weird Al Yankovic ("Eat your broccoli and always floss"), or Philly's own opera star Michael Fabiano ("Don't wait your turn in life") who already loves the form and offers me their six words on the spot. The trickiest celebrities to land are often some of my favourite writers — I get the sense that because they are so well known for their words, they never quite feel their six-word stories are finished.

Was there anyone you really wanted who said no?
I was listening to the radio one day and heard Tony Robbins giving a TED talk that included these perfect six words: "Divorce your story, marry the truth." I tried numerous emails and calls to (his) office to seek permission to include those words, but never heard back.

What's your favourite piece of advice in it?
My son's "Play, play, play, play, play, play" is sage wisdom for all ages. Morgan Spurlock, the director of Super Size Me, emailed me six words that I seem to be repeating a lot lately: "Don't put that in your mouth."

How did you feel about the way Larry was portrayed on OITNB?
Piper and I both think the adaptation of Orange Is the New Black is excellent. I have some similarities to Larry Bloom. We're funny, have good hair, love Piper. But of course the show is a work of fiction.

Did Piper contribute her six words of advice?
Piper's a frequent and fantastic six-word scribe. In our first book she shared her Six-Word Memoir, "In and out of hot water." In a collection of stories about love she wrote, "Found fellow cliff-diver. Best risk ever." In The Best Advice in Six Words, my wife offers, "You learn more from your failures."

FAVOURITES

Check out our six pack
In The Best Advice In Six Words, celebs from Gary Shteyngart to Molly Ringwald share the best advice someone ever gave them. Here are some of our favourites.

"Just make something every single day." — Noah Scalin

"Good posture trumps insecurity every time." — Susanne Kuznetsky

"There's always time to reinvent yourself." — Kathryn Budig

"Speak kindly. Someone always hears you." — Eleanor Sanchez

"Endure. Tomorrow is a different day." — Karen Munro

"Overnight success has never happened overnight." — Charles London

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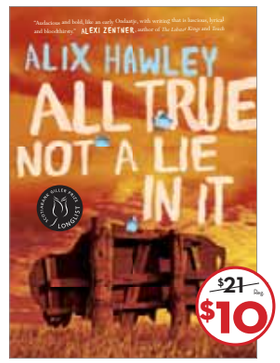

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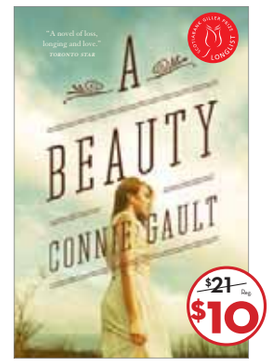

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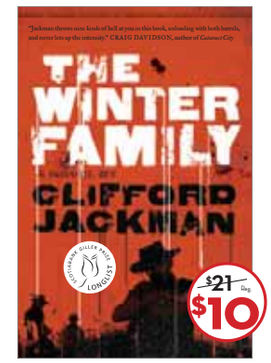

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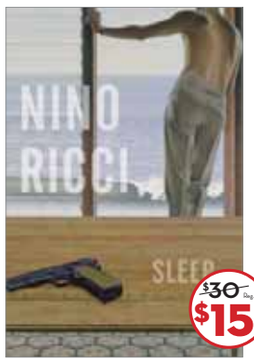

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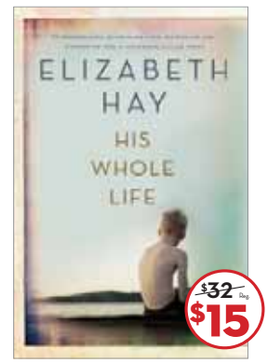

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Graphic novel gets Suite translation

SUITE FRANÇAISE

Popular 1940s story now illustrated in English

Sue Carter
For Metro Canada

There are so many versions of Irene Némirovsky's critically beloved novel Suite Française, returning to the original story is a bit like pulling apart a Russian matryoshka doll.

Némirovsky's own life is one of contemporary publishing's most heartbreaking and triumphant tales. The Ukrainian-born author intended to write a series of books based on her personal observations of the German occupation of France during the Second World War, but only completed two novellas before she died at Auschwitz in 1942. The manuscripts then remained untouched in a suitcase under her daughter's care until 1998. When the two books were finally published together in 2004 as a single novel titled Suite Française, it quickly became an international bestseller and then, earlier this year, a film, starring Michelle Williams as a lonely French woman who falls in love with a German soldier.

What many English speakers don't know is that there is also an illustrated adaptation of Némirovsky's first novella by Emmanuel Moynot, a Parisian author-artist with more than 40 titles to his name.

Now, for the first time, the English-language translation of that graphic novel is available here, thanks to Arsenal Pulp Press. The Vancouver publisher is gaining international respect for its comics translations, having made a name with another cultural phenomenon, Julie Maroh's lesbian romance, Blue is the Warmest Color, the film adaptation of which took home the Palme d'Or prize at the 2013 Cannes Film Festival.

Montreal translator David Homel, who also worked on Maroh's followup, Skandalon, was brought on by Arsenal Pulp to work on the book. He read Némirovsky's novel in French soon after it came out, but deliberately avoided the English-language edition while working on the illustrated version. "You can really be influenced by something without realizing it," he says.

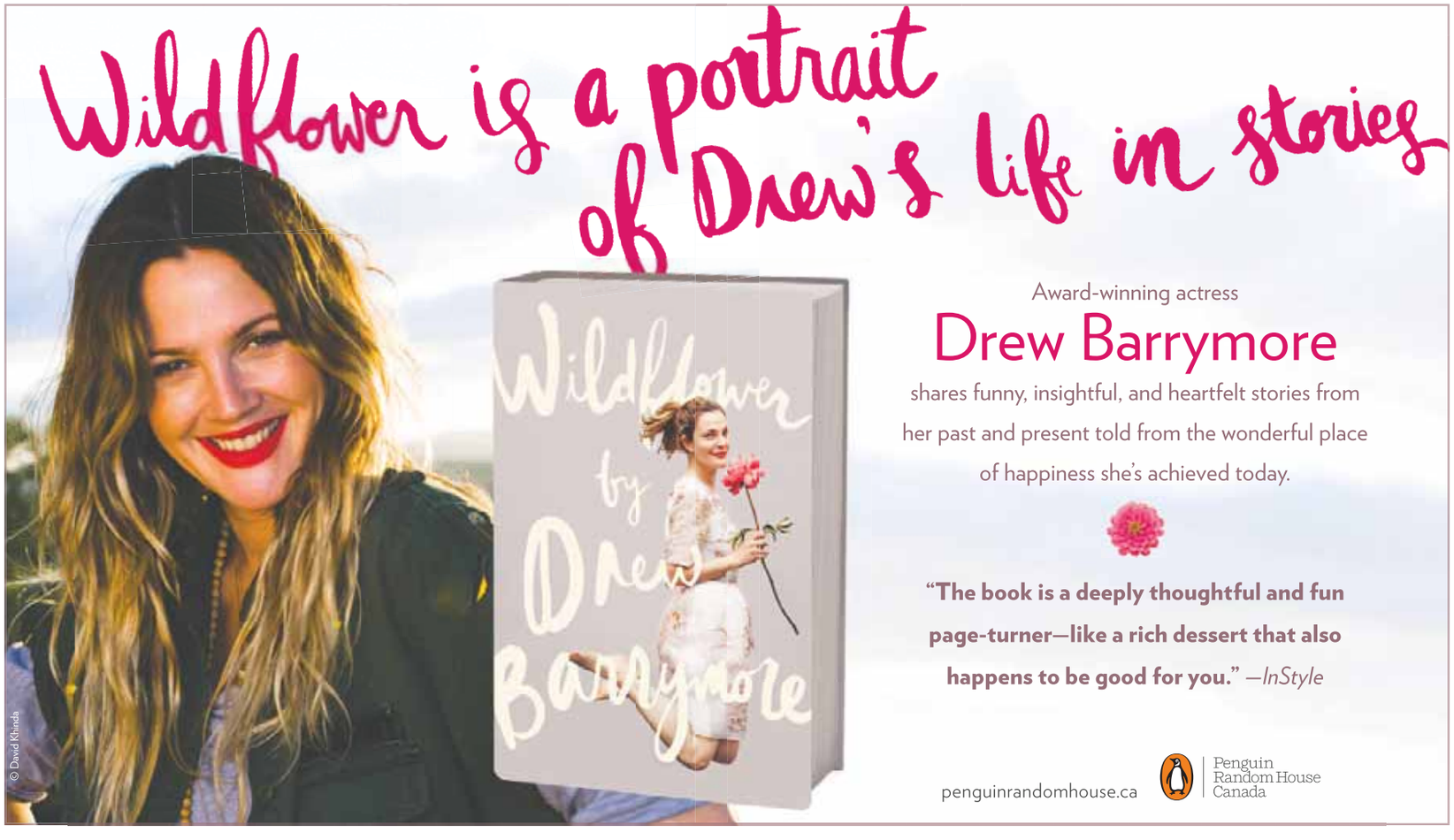
The English-language version of the graphic novel Suite Française. CONTRIBUTED

The graphic novel is a moody work of grey washes and black-ink illustrations, showcasing Moynot's brilliance at capturing facial expressions with quick pen strokes. The story follows several families of various social classes as they try to rebuild their lives under occupation. "Most of the books and movies that we consume about World War II are tragic Holocaust stories or heroic stories of resistance against the Nazis," says Homel. "This is a completely business-as-usual story — the opposite of what we're used to seeing or reading. That's the genius of Némirovsky."

Ultimately, Homel wanted Moynot's graphic novel to stand on its own. Though he praises the work of British translator Sandra Smith, he didn't want to mimic the English edition of the novel that most readers are familiar with. As it turns out, its flowery, descriptive language wouldn't hold up in a graphic novel format, which is constricted by the limited space provided by speech balloons.

As with his other projects, Homel didn't communicate directly with Moynot while working on the book. Some references were changed to accommodate English speakers, but he tried to keep as true as possible to the original French text. "If people are eating duck pâté, they're eating pâté, not duck liver," Homel says. "It's like going on a trip. When you enter you know there are going to be certain types of references that are foreign but you still have a picture of what's going on."

Sue Carter is the editor at Quill & Quire magazine.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Judah pens absurdist comic

INTERVIEW

Comedian's doodles offer glimpse into his artistry

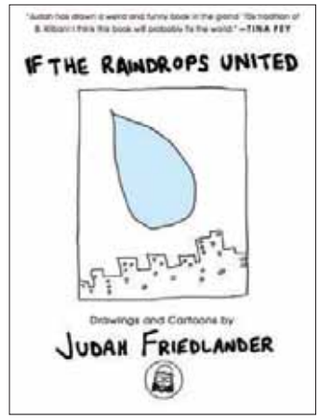
Matt Kwong
For Metro Canada

Actor, comedian, cartoonist. Judah Friedlander is a man of many hats. Perhaps best known for playing the role of Frank Rossitano, the deadpan, prank-prone comedy writer on NBC's 30 Rock, the New York comedian has now published an anthology of drawings, If The Raindrops United. He spoke with Metro from New Orleans.

You've been drawing cartoons since you were a kid. There's even a political one involving human-rights leader Lech Walesa you drew as a 10-year-old. How has your work evolved since then?
If you look at the thought, there's a lot more brain behind it. Even though the style is simple, the ideas are not simple. An example of a simple drawing in the book is that one that shows a mouth and teeth all perfectly straight except one is crooked. (The caption reads: "A lone tooth fights bravely against fascism.") If you look at that, you don't know what the f— it is. Once you read what it says below, you then realize what it's about, and then you laugh. And it's also a serious statement about conformity.

But it's not like these are just 10-minute sketches.
Yeah, that doesn't mean I'm not tweaking them over and over again. I might do 15 different versions of one before I come to one I think works best. I actually used to do oil paintings, I did drawings, some stuff that was very realistic. But for what I'm doing now, if I think of a concept for a drawing and a joke, I can get the same point across doing a simple drawing that might take anywhere from 20 minutes to two hours.

You were in American Splendor, so you probably spent some time with Harvey Pekar. And you're doing some voice work for Seth MacFarlane's upcoming Bordertown (starting Jan. 3). So did you also read comics and watch a lot of cartoons?
Yeah, and I actually did animation in high school. When I was in the 10th Grade, I had a short film that was best animated short at the Maryland Film Festival. It was called Beware Rondo. I might put that up on my website soon!



Any comics or cartoonists that inform your style?
From the front of the book, Tina Fey references B. Kliban. He was a big influence. A little later, I was a fan of Gary Larson. And then John Callahan, and the old National Lampoons from the '70s and '80s.

On 30 Rock, your ever-changing trucker hats were a popular sight gag. Now you're showing another side of your comedic mind with your cartoons. Do you find you're attracted to visual jokes?
What a lot of people don't realize is that with writing jokes, and this can be said for some of my drawings as well, what you leave out with words or even with signals and drawings is often much more important than what you put in, or just as important.

Judah Friedlander
GETTY IMAGES

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Year of Yes transforms Shonda Rhimes

MEMOIR

Titan of TV faces her fears and finds life is much sweeter

Shonda Rhimes, who owns ABC's Thursday night (with hit dramas Grey's Anatomy, Scandal and How to Get Away With Murder), had found comfort and refuge in ShondaLand, the dream factory she rules as a mega-producer and writer.

But otherwise she was a chronic naysayer, which spurred her sister to mutter as they cooked Thanksgiving dinner in 2013, "You never say yes to anything."

This stinging rebuke led Rhimes to commit herself to a year of saying "yes" to whatever came her way.

For Rhimes, who describes herself back then as an introvert "to the bone," this meant saying yes to speaking engagements and social invitations she would have turned down before.

But that was just the start.

"I feel like a different person," Rhimes, 45, declared over tea Monday morning at a New York hotel. A television titan who not long ago was legendary for shunning interviews and the media spotlight, she was relaxed and reflective as she shared with a reporter how "everybody asks: 'What happened to you?' I don't know what to say, except that I had this weird, transformative experience and I feel like I've completely changed my life from top to bottom."

Rhimes has chronicled this grand transformation — and helped explain it to herself — in her candid new memoir, Year of Yes (Simon & Schuster).

For Rhimes, saying yes didn't just mean saying yes to Jimmy Kimmel when asked to be on his show (which terrified her, though it turned out fine) or making time, no matter how busy she was, for her three daughters when they asked, "Wanna play?"

TV producer Shonda Rhimes. THE ASSOCIATED PRESS FILE

More than all that, "yes" meant breaking her lifelong habit of avoiding new possibilities and opportunities.

Writing Year of Yes itself became a part of the transformation process, which delivered her from being a remarkably successful woman who was, nonetheless, miserable, to newfound standing as "a better mother, a better friend, a happier boss, a stronger leader, a more creative writer," and someone who is kind, no longer cruel, to herself.

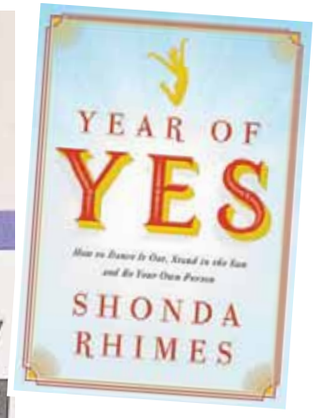
"The more I wrote about what I was doing, the more I got out of it, and I ended up writing the book just for me, which I think was a good thing. If I had been thinking that anybody else was going to read it, I probably would have censored myself so that what came out was sanitized," she laughed, "for my protection."

It isn't. One of the more revealing chapters recounts her relationship with an ideal man who wanted marriage and mistakenly got the idea she did, too.

She ended up shutting the door on that relationship while, free of regret or self-recrimination, flinging open a door to the notion that choosing to stay single was the right choice for her.

Writing that chapter sparked an epiphany for Rhimes. She realized she unwittingly had led him on.

"He had said, 'I thought you were a traditional person,' and suddenly I realized that I had completely created myself for *him* as someone who seemed to want to get married. Up until that moment, I thought, 'How *dare* he say I'm traditional?!'



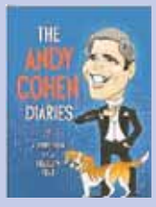
But then I realized, 'That was *my* doing.'"

The creation of Year of Yes was as swift as Rhimes' punchy, often stream-of-conscious writing style. It poured out of her this summer and the next thing she knew, she was holding the book's galleys.

"That's when I freaked out. Suddenly this book was real, and I was reminded that everybody in the world is going to read it. So I had my panic. And then I reread it and I felt OK. It's honest and wildly freeing."

THE ASSOCIATED PRESS

BOOK BRIEFS



The Andy Cohen Diaries: A Deep Look at a Shallow Year by Andy Cohen

Watch What Happens Live host Andy Cohen takes fans behind the scenes of his Bravo talk show and gives them a front row seat into his personal life with his dishy new memoir. It's Andy Cohen, so you know you're in for a laugh, and he isn't afraid to make fun of himself. There's plenty of drama, and plenty of heart.

Rules For A Knight by Ethan Hawke

Academy Award-nominated actor and director Ethan Hawke's third novel is about a knight who is scared he is going to die in battle, so he writes a letter to his children about what he's learned throughout his life. Philosophy lovers will enjoy the musings, but everyone will enjoy the touching storyline. EMILY LAURENCE/METRO NEW YORK

I live my life in 90 minute chunks
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RECIPE EXCERPT FROM FEEL GOOD FOOD BY NIGELLA LAWSON

'Pea and broccoli soup'

From quick workday dinners to stress-free ideas for feeding a crowd, Nigella Lawson's book Feel Good Food features recipes that are uncomplicated, relaxed and always satisfying.

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You can never have too many pea soups for my family and, indeed, previous books have been rich in pea soups, all of which I still cook. Not for nothing does the great Nigel Slater call me "the queen of the frozen pea" (an accolade I am most proud of) and this is my latest version, which I've been cooking for the past couple of years, and am more than happy to unveil now.

Along with the frozen peas, you could easily use frozen broccoli and, what with these 2 ingredients in the freezer, and the mint teabag, this makes for a great store cupboard supper. This is not the soup's chief virtue: the sweetness of the peas and the brassic boldness of the broccoli hold each other in check; and the merest touch of mint in its hinterland gives this a certain delicate grace.

I don't quite remember what induced me to use a mint teabag as broth for the soup, but very pleased I am too with my innovation. Please do, though, use pure mint tea and not some fancy mixture. Or rather, by all means try whatever fancy mixture you have in the house, only bear in mind it was your addition should you be less than pleased with it.

It occurs to me only now that this soup is most virtuous in its ingredients, but, believe me, it tastes nothing of restraint. It was devised to give pleasure, not to deprive — and I'm glad to say it delivers — and with speedy ease.

Ingredients

- 5 cups hot water, from a recently boiled kettle
- 1 pure mint teabag
- 2 teaspoons sea salt flakes or kosher salt
- 2 fat or 4 small cloves garlic, peeled
- 2½ cups frozen peas
- 3 cups fresh or frozen broccoli florets

Directions

1. Pour the water into a saucepan, one that comes with a lid and that is also large enough to take all the ingredients later, then drop in the teabag, stir in the salt, and leave to infuse for 5 minutes.

2. Take out the mint teabag, squeezing out all its minty juices as you do so, then put the lid on the saucepan and bring the mint water to a boil.

3. Once the mint water is boiling, add the garlic and frozen peas, and then let the pan come back to a boil with the lid on.

4. Now add the broccoli and cook, this time with the pan only partially covered, for about 10 minutes, or until the broccoli is soft. You do not have to alter this procedure should you be using frozen broccoli rather than fresh.

5. Let the soup cool just a little before blitzing with a stick blender until smooth, then season to taste and serve.

To store: Cool leftovers, then cover and refrigerate within 2 hours of making. Will keep in refrigerator for up to 3 days. Reheat gently in a saucepan, stirring occasionally and adding extra water if needed, until piping hot.

To freeze: Cooled soup can be frozen, in an airtight container, for up to 3 months. Thaw overnight in refrigerator and reheat as in Store Note.

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NIGELLA LAWSON RECIPE

Feta and avocado salad

Use the best chunky, Greek feta (made from sheep or goat's milk) you can find and a fragrant olive oil.

Nigella Lawson eats this simple supper with warm Turkish flatbread.

Fittingly named nigella seeds (kalonji) are popular in Indian cooking. If you can't find them, Lawson offers three substitutes.

Adapted from Simply Nigella. Makes 2 main servings.

Nigella Lawson's salad is studded with pomegranate seeds and red onions soaked in vinegar. TODD KOROL/TORSTAR NEWS SERVICE

Ingredients

- 1/2 medium red onion, peeled
- About 1/2 cup (125 mL) red wine vinegar
- 8 oz (225 g) feta cheese
- About 1/2 tsp (2 mL) nigella seeds (kalonji) or black mustard seeds, toasted sesame seeds or za'atar (spice blend)
- 1 ripe avocado, halved, pitted, cut into long, thin slices
- About 2 Tbsp (30 mL) pomegranate seeds
- Extra-virgin olive oil

Directions

1. Slice onion as thinly as possible in fine half moons. Put in small, non-metallic bowl.

2. Cover with vinegar. Let stand, covered, at least 2 hours or up to 1 week in fridge until onions are a vibrant crimson.

3. Set out 2 large plates. Divide feta between them, breaking into uneven chunks. Sprinkle with nigella seeds or substitute.

4. Arrange avocado around feta. Scatter everything with pomegranate seeds.

5. Drizzle with oil to taste. Lift onions from vinegar and drape over salad.

CONTROVERSY

Nigella toasted over avocado tip

It's the simple pleasures in life that satisfy Lawson, like eating her favourite mashed avocado on toast for breakfast. Little did she realize that sharing that quick dish on her TV show would spawn a torrent of snarky tweets and headlines around the world.

In a Simply Nigella episode devoted to "quick and calm" recipes, Lawson demonstrates how she spreads mashed avocado on some bread and sprinkles sliced radishes on top.

The recipe is more elaborate in her cookbook, which involves pickling the radishes overnight and adding ginger to the avocado.

The domestic goddess said she was flummoxed by the controversy about the simple snack. "Had I said, 'Here's a recipe that's quite hard ...' — but I didn't," said Lawson.

"I was just chatting about what I have for breakfast a lot of days. I prefaced it with a remark that 'this isn't a recipe,'" she continued.

"To be charitable, I think I was being wilfully misunderstood. But it doesn't really matter to me."

THE CANADIAN PRESS

Nigella Lawson feels good

INTERVIEW

English foodie celebrates the balanced life in new cookbook

Theresa Albert
For Metro Canada

Nigella Lawson's new cookbook Feel Good Food focuses on the simplicity of comfort foods. TORSTAR NEWS SERVICE

For iconic beauty Nigella Lawson, her life, like her latest book, Simply Nigella — Feel Good Food, is about balance. "But that's not a very grabbing message, is it?" she says.

Oh yes it is, when it comes in such a pretty package. She wanted these pages of cookery to contain "a lot of light, be serene and yet cozy."

Lawson is quite a messy person who likes the clutter of things in the kitchen and in life as they come together. She doesn't fuss with being tidy, generally.

But in the book, the TV chef conveys order and balance — take for instance the Strapatsada, which is a whole new comfort food supper take on scrambled eggs.

Lawson says this is the sort of supper you need when you get home and the fridge is bare. Breaking her "no tomatoes with eggs" rule, it is essentially a perfect one pan blend of fresh tomatoes, tomato paste and eggs meant to be spread on crusty bread. Feels like the kind of thing one would eat in bed with a remote control in the other hand.

> **Life is just too short to do all that planning and resisting. I cook what I want and consume what I like.**
> Nigella Lawson on leading a balanced life

Like most of her work, Simply Nigella also conveys a very personal glimpse into her kitchen. She uses the first-person voice and commentary right in the recipe instructions (an editorial no-no). In the Strapisada recipe she calls herself "a lazy English person" who can't be bothered peeling tomatoes.

She eschews the idea that her words and on-camera presence is ladled with double entendre. She isn't sensuous for the camera in her word choice or actions — "it's just me!" she insists, peppering her conversation with food descriptive like "relish the moment" in her dulcet voice.

Her whole life attitude is very of-the-moment and her health message is inclusive to the extreme. In the book, she does focus on whole foods but avoids nothing. Meat and bread, butter and cream are all invited to the cooking party.

"I find it is those who deny themselves a bit of dessert who end up eating more," she says. Why not consume something delicious and enjoy the pleasure? "Life is just too short to do all that planning and resisting".

"I cook what I want and I consume what I like," says Lawson. For instance, upon her arrival in Toronto she went out for dinner and fresh off the plane her body craved greens. The crisp, wet, crunch of a salad was satisfying and her entree was light, too. When the dessert menu came around, she considered it and would have had a luscious slice but she felt like more salad. So that's what she had. She admits that on another day she will consume nothing but bread and cheese.

Balance takes a wide berth, not a narrow view.

As for her beauty regimes, she moves. Not exercises — moves. She finds joy in the regular motions of life — exerting effort to lift and carry and bend is a gift.

It isn't about butter and cream or beating yourself up at the gym, it is about both. She considers it a privilege to embrace yet another day of this life, having lost too many too young since both her parents and her first husband passed on early. "Worrying about aging is just silly, there's not much one can do about it, is there?"

It does beat the alternative, yes.

Her cooking style is thus: pick an ingredient, fall in love with it and use it up until it is finished.

Her recipe for Pea and Broccoli soup does just that (check out the recipe on the next page) by making sure that there are three other recipes to use up the broccoli.

To those who would follow in Lawson's footsteps, she would say to write about food using your own voice.

Anyone can write a recipe. But to curate an idea and love pieces of food together into your own expression of consumable art invites people into your world. Luckily, she has invited us into hers yet again.

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TORN FROM THE PAGES

The challenge of writing songs inspired by novels

Ian Gormely
For Metro Canada

Great Lakes Swimmer frontman Tony Dekker wrote a song based on Nino Ricci's novel Sleep for Torn from the Pages CONTRIBUTED

Songwriting, says Tony Dekker, is a process of distilling information and putting it into the writer's own words. Yet, in using Nino Ricci's novel Sleep as the basis for a new song, written for the latest edition of Torn from the Pages, the Great Lake Swimmers frontman found the process "pretty strange."

"It's a matter of feeling impressions from a bigger work and boiling it down," he says. "It was kind of academic."

The brainchild of writer and musician Dave Bidini, Torn from the Pages asks artists to create new works using a specific book for inspiration. "It's a funny thing to force yourself to be inspired," admits Bidini. "But in the life of the artist, you have to find the switch to the light as opposed to it just turning on."

But the participating artists aren't the only ones who find the process challenging. "It's a tribute…but it's also a bit scary to see where they go with it," says Ricci, whose first novel, Lives of the Saints, won the Governor General's Award for Fiction. "What you thought was self-contained and your own takes on this other dimension."

Bidini picked Sleep because of its tension, darkness and suspense. "There's a lot to dig into and pull out."

The book chronicles the psychological breakdown of a Roman history scholar who suffers from sleep disorder.

"I was trying to explore certain ideas of consciousness and human nature and go into certain dark spaces within the psyche that we don't normally think about that much," says Ricci.

Ultimately it was this "dream world" that Dekker latched onto for his composition, likening the main character's blurred visions to the creative process itself. "It's a very powerful work."

CREATIVE SPARK

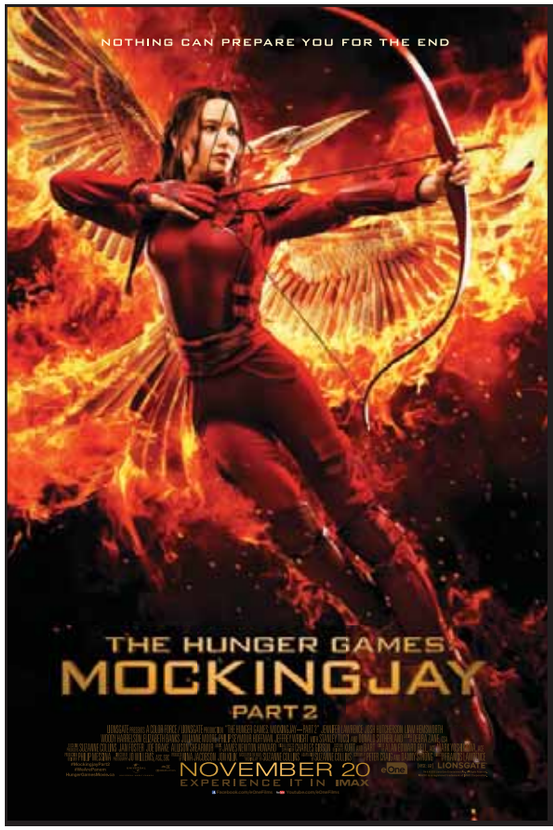
Influences and originality

Inspiration is a two-way street; just as Bidini is influenced by the media he consumes, so too does the media he creates influence other artists.

"That's one of the great bonus coupons that falls through the mail slot of life," he says. "None of what we do is so precious that art is completely original."

Ricci agrees. "I wouldn't be a writer if I didn't have influences," he says.

"Every artist hopes that they're doing something that's out there enough and has enough edge to it, and originality that it will influence the way other artists see the world and make their art."



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Gigi Hadid makes her debut as angel

VICTORIA'S SECRET

Annual show featured $2M Fantasy Bra by Mouawad

Some lit up, others were pretty — and patriotic — in pink and still more burst forth like fireworks.

Yes, Tuesday was Victoria's Secret sexpot angel time, though the masses will have to wait until 10 p.m. EST on Dec. 8 to watch the 20th annual lingerie extravaganza on CBS. This was just the taping, including musical performances by The Weeknd, Ellie Goulding and Selena Gomez, after Rihanna abruptly cancelled.

Veteran VS walkers like Lily Aldridge and Alessandra Ambrosio were joined by newbie angels, including Martha Hunt and Elsa Hosk. Kendall Jenner and Gigi Hadid were among the non-winged supermodels new to the glitzy show that generates weeks of advance buzz and will be seen in 192 countries by more than 500 million people, according to company officials.

In all, 47 models blew air kisses, flirted on stage with the camera and flipped their varied wings around as they strutted on the runway in 75 looks at a Manhattan armoury. But first, there was hair and makeup to be done and a "pink carpet" of celebrity guests to be walked. Questlove and Nick Cannon were on hand, along with a dapper member of the Mets, Matt Harvey, in a black Versace suit.

Caitlyn Jenner was among those who attended the runway show to cheer on daughter Kendall.

Hadid said backstage that she has big respect for the veteran angels and hopes to earn her own wings one day. Brand new angel Rachel Hilbert, from Rochester, New York, was in the Pink USA squad on the runway, and was also in awe of the longtime ladies, including Brazilian beauty Adriana Lima, seated just inches away on a comfy white couch in rollers backstage.

"Uh, yeah, Adriana Lima. She's sitting right there," Hilbert smiled as all wore pink-and-white striped robes, curlers in their hair, while manicures, pedicures, spray tanning and makeup commenced. "She's such a sweetheart. Her advice was just breathe and just take it in."

So how were the nerves for the newcomers?

"Actually, surprisingly, not bad," Hadid said before the show. "I was really nervous in rehearsal."

She shared the stage later with Gomez and Goulding.

"I love both of them," said Hadid, who fell to the floor and gasped in a video of her audition, when she was told she was picked.

I've watched the show my entire life and this has been such a dream.
Gigi Hadid

As for her famous curves, she prepared with the help of boxing and ballet.

"A lot of sweating and then just focusing on smaller parts because when everything's in high-def you have to not forget about the little things," Hadid said.

The show featured sections of '60s boho angels flashing piece signs in teeny bras and panties, swinging fringe and showing off wings made of sculptured paper, leather and feathers, including Jenner. Her gal pal Hadid was among a group of exotic butterflies with wings and outfits sparkling with crystals. The patriotic pink group included an American-flagged theme outfit and wings.

This year's iteration of the annual Fantasy Bra was fashioned in bursts of fireworks, the theme for one of the liveliest sections of the show. The demi-bra and matching belt are worth $2 million and were worn by Aldridge. They were created by the jewelry company Mouawad in 18-karat gold and encrusted with 6,500 diamonds, blue topaz, yellow sapphires and other precious stones.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Blank-eyed not a good look

BLOOD AND OIL: SEASON 1, EPISODE 1 (ABC/CTV)

I'm sorry, but I do not get the appeal of Chace Crawford, alleged hunk and star of this new nighttime soap set in boomtown North Dakota.

I didn't get him on Gossip Girl, when Blair and Serena cat-fought over him, and I don't get him here, where he's playing (Significant Name Alert!) Billy LeFever, a small-town hustler with big-money dreams.

The smooth-talking, big-lying oil magnate Hap Briggs (Don Johnson) is supposed to take one look at Billy and see a protégé, a master manipulator in the making.

But Crawford is so blank-eyed that I don't believe he could solve the mystery of what's in his sack lunch.

TV execs are always banging on about the importance of an actor's "likeability." But for me it's not about someone's likeability. It's about whether or not I like to watch them exist, and Crawford doesn't make that cut.

At left, Blood and Oil's alleged hunk Chace Crawford. On the right, Justified's inarguable hunk Timothy Olyphant. CONTRIBUTED

It's precisely the reason I'm addicted to Justified. I like its air of Ozark menace, but I'd watch it even if I didn't, because I — along with nearly every woman I know — am smitten with its star, inarguable hunk Timothy Olyphant, who plays U.S. Marshall Raylan Givens.

I like Olyphant's forearms, his long legs, his honey-gravel voice.

I like when he takes off his hat to kiss a girl.

I like the way he stands, and I like the way he sits. Sure, there are plots, and many of them are gripping. But Olyphant sits really, really well.

Sometimes that's enough. Sometimes, that's everything.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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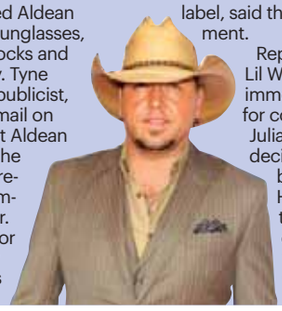
GOSSIP BRIEFS

Country music superstar dresses in blackface

Country star Jason Aldean dressed as rapper Lil Wayne for Halloween, a representative confirmed after a photo surfaced of him wearing blackface makeup and a wig with dreadlocks.

The picture, first posted by the website NashvilleGab.com, showed Aldean dressed in sunglasses, long dreadlocks and gold jewelry. Tyne Parrish, his publicist, said in an email on Tuesday that Aldean dressed as the rapper, but refused to comment further. A publicist for Broken Bow Records, his label, said they had no comment.



Representatives for Lil Wayne were not immediately available for comment.

Julianne Hough's decision to don blackface for Halloween to portray her favourite character from the Netflix show Orange is the New Black sparked an uproar and drew an eventual apology from the actress, who said she never intended to hurt anyone. THE ASSOCIATED PRESS

Priestly to be back in the saddle soon

Jason Priestley says he's on the mend after suffering a concussion falling off a horse.

Priestley was shooting a scene for his Toronto-shot upcoming TV series, The Code, when the accident happened Monday.

Producers say he was taken to hospital as a precaution and discharged the same day.

The former Beverly Hills, 90210 star adds on Twitter that he was advised to take a few days off but looks forward to getting back to work.

Production on The Code is expected to resume next week. Priestley plays a former pro hockey player who uses his ability to read people in his new gig as a crime-solving private investigator. The Code is set to premiere on Global next spring. THE CANADIAN PRESS

DISNEY

Pirate role landed Depp in hot water

Remember back before 2003's Pirates of the Caribbean came out and Johnny Depp was a successful and well-respected actor known for challenging indie roles? Well, apparently the role that turned the tide and made him a blockbuster movie star was almost too challenging — at least for the Disney brass in charge of Pirates, as Depp's work gave them some major pause.

"They wanted to fire me. I fully expected to be fired, and I got a call from the upper echelon at Disney who were courageous enough to ask me, 'What the f— are you doing?'" Depp tells Moviefone.

"The questions came up, 'Is (the performance) drunk? Is it gay?' All I could say was, because they set me up with a great line, I said, 'Well, don't you know all my characters are gay?' I really expected to be fired, but I wasn't for some reason. They were actually going to put subtitles under my character. They couldn't understand Captain Jack."

"Don't you know all my characters are gay?" GETTY IMAGES

Listen, while it's great that they didn't fire him off that first Pirates film, considering the idea for the sequels wouldn't have been so bad. NED EHRBAR/METRO HOLLYWOOD

Conscious humblebrag: Gwyn does divorce best

FAMILY

Goop founder takes credit for reimagining the breakup

Ned Ehrbar
Metro | Hollywood

Man, Gwyneth Paltrow will just not shut up about all this "conscious uncoupling" stuff, huh? In fact, she's pretty sure that if anyone deserves the whole "broke the Internet" title, it's her and ex-husband Chris Martin.

"When I was announcing my husband and I were separating and we were trying to follow this specific way of doing it — and the philosophy is conscious uncoupling — and we, like, broke the f—king Internet," Paltrow said during a Goop-sponsored Q&A hosted by Fast Company this week.

"It's such a hard time personally and then you have this added layer of all this criticism. Then when you look back you go, 'Well, this is actually kind of a good thing to talk back, introducing in some way.' Like, what if you could break up in a way where you remain a family even though you're not a couple?"

Good job, just don't pull anything patting yourself on the back there.

"We, like, broke the f—ing Internet," says Paltrow. GETTY IMAGES

Paltrow also announced she is launching a lifestyle publishing line called, of course, goop.

Paltrow's goop press will be curated in conjunction with Grand Central Life & Style, an imprint of Grand Central Publishing. The first release will be Paltrow's It's All Easy cookbook, which comes out in April. A beauty book is scheduled for next fall.

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metro HOME

Your essential daily news

Median prices for detached Vancouver-area properties set to shatter $1-million mark: Forecast

Ellen feeling right at Home

RENOVATED PROPERTIES

Talk-show host showcases her design chops in new book

Ellen DeGeneres likes homes. That much is evident if you watch her HGTV series Ellen's Design Challenge, where furniture-makers fight to create the coolest side table you will never use in order to win $100,000.

DeGeneres has bought and renovated close to a dozen abodes over the last 25 years. Seven of them are represented in her coffee-table book, along with a spattering of interiors from her designer collaborators.

The talk-show host does have design chops, including an appreciation for modernists such as Jean Royère and Arne Jacobsen. As expected, even though she was born in New Orleans, the majority of the homes are reflective of modern-day L.A. living. The book showcases the perfectly-imperfect philosophy honed by the comedian.

The spaces featured in Home reflect Ellen DeGeneres' perfectly-imperfect philosophy. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Beverly Hills

DeGeneres and her wife, Portia de Rossi, bought their Beverly Hills estate after visiting the house for the first time and making their hosts an offer they didn't refuse. The main home was built in 1963 for actor Laurence Harvey. DeGeneres then went on to significantly enlarge the estate, buying the two surrounding properties. The main living room has Louis XVI Bergeres flanked by slipcovered sofas to create a cosy, not-too-imposing while still-very-Ellen area. A grey Hermès Avalon blanket — something of a Beverly Hills cliché — sets off the white, grey and brown tones.

The Horse Ranch

DeGeneres' 26-acre horse ranch north of Los Angeles. Built by actor William Powell in the 1920s, it has been both a monastery and a rehab centre over the years. The talk-show host said she approached the task like she was "designing and decorating 10 different homes" since there were so many cabins and barns on the property. This barn is used as a recreation centre, decorated with an early 20th-century American work table and a vintage wicker chair. In the centre is a French 19th-century Os de Mouton settee. Opposite the seating area is a Belgian desk that holds a 20th-century African mask.

> **"Interior design is what I would do if I wasn't a comedian and talk-show host.**
> Ellen DeGeneres

Santa Barbara

If you are going to live in Santa Barbara, it might as well be in a villa — in this case, a Tuscanite-influenced beauty designed by American architect Wallace Frost. The stone home is situated on a hill filled with olive trees and overlooking the Pacific.

"It's like a glorious stone funhouse full of strange nooks and crannies and little moments of surprise," says DeGeneres. "I think this is our forever house." Outside DeGeneres has placed an 18th-century Belgian farm table on which sits a sculpture of a pig. Art is deftly placed everywhere, including vintage Oaxacan candle lanterns and a sculpture by Finnish artist Harry Kivijärvi to the left of the fountain.

The Brody House

The Brody House is one of the most significant homes in Los Angeles. The Brodys were philanthropists who commissioned architect A. Quincy Jones and designer William Haines to create one of the great modernist structures. They even had Henri Matisse do a mural for the courtyard — which has since been donated to a museum.

The spa seen here is minimalism at its finest: marble slab walls, terrazzo floors and palm woods. DeGeneres didn't live here long. After paying a reported $40 million for the home, she flipped it to Napster founder Sean Parker for a mind-blowing $55 million.

The Blackmans

DeGeneres takes inspiration from the homes of her collaborators, including Adam Blackman. Blackman is the owner of iconic L.A. furniture store Blackman Cruz, where the talk-show host sources many of her furnishings. This home is also designed by A. Quincy Jones but in the Brentwood neighbourhood. Wall plaques of inlaid stone show a love for Montici art. Around the corner lies a weathered Mies van der Rohe Barcelona couch. Beside it is a Japanese bronze flower arranging dish. TORSTAR NEWS SERVICE

SMART AND CONNECTED

Three things you'll find in the kitchen of the future

The Paragon induction cooktop, left, and Neo wireless jars aim to make cooking as easy as pie. CONTRIBUTED

Precision, mobile cooking

FirstBuild, a GE lab based out of Louisville, Ky., has started pre-sales on its Paragon induction cooktop. The portable stovetop is actually a three-piece set: induction heating element, Bluetooth-enabled thermostat and app. Users insert the thermostat into their pots and pans, set the desired cooking temperature and time on the app and walk away. The thermostat monitors the temperature and the burner adjusts to keep it within one degree Fahrenheit, says Lou Lenzi, director for GE Appliances' industrial design operation. Paragon starts shipping in December for $249 US. GE is already using the thermometer for some of its other stovetops.

Calorie-counting pans

For people trying to reduce their calorie intake, it can be a challenge when recipes don't offer nutrition guides (or when you stray from the recipe). This was the problem New York-based nutritionist Prachi Baxi and her engineer brother tried to solve, she says. The duo created SmartyPans, with connected smartphone app, that dishes out a calorie count based on actual food added. Tell the app what you're adding (the app is voice activated) and it measures the quantity as ingredients are dropped. The pans are currently available for presale in the U.S. for $189 US, though Baxi hopes to have it more widely available by spring next year.

Smarter storage

Toronto-based SKE Labs is getting set to start shipping its smart jars, Neo. The wireless jars communicate with an app, while sensors measure weight and manually entered best-before dates track freshness. The app even suggests recipes based on what's in the pantry. As ingredients get low, they're automatically added to a shopping list (for those who frequent nearby grocery stores) or auto-ordered from online retailers (for those who opt to shop digitally). Neo (six jars for $299), is estimated to start shipping this November. TORSTAR NEWS SERVICE

Flicking and chillin' this winter

There's only a few Friday nights left to hibernate at home before the holiday parties begin, so treat yourself to a movie night at home. Here's a few creature comforts to get you started.

Karl Lohnes
For Metro Canada

1 Plum & Bow Cable Knit Boo Pillow
Wrap a set of loving arms around yourself while enjoying a movie night at home. $169, UrbanOutfitters.com

2 Checked Crochet Blanket
Settle in for the winter with a favourite cosy throw. $169, ZaraHome.com

3 Stainless Steel Faceted Copper Mug
The ultimate sippy cup for dozing off during a movie. Add the big trend of copper and your movie night never looked so stylish. $20, Starbucks.ca

4 Kettle-style Popcorn Popper
Make up to 25 cups of popcorn for a full night of movie watching. $120, HamitonBeach.ca

5 The new Apple TV
Tired of all that clicking? Watch your favourite movies with the ease of voice activation. From $199, apple.ca

6 Jumbo Flip Chair
It's a chair, an extra bed or a comfy way to watch television on the floor. $144, Sears.ca

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Dream apartment for you and your cat

TIPS

Consider a 'cat resumé' when home-hunting with your kitty

Canadians love cats. Thirty-seven percent of Canadian households own one or more cats, according to the Canadian Federation of Humane Societies. Despite the fact that their owners are fiercely loyal to them, landlords and property owners don't always think so kindly of our feline friends, making apartment hunting with a cat a bit tougher than a normal search.

We asked Niccole Schreck, senior brand manager for Rent.com (and a cat owner herself), for her tips on how renters can find the perfect home for both them and their furry companions.

Look specifically for cat-friendly buildings

It seems obvious, but apartment hunters would save themselves from a lot of heartache if they concentrated on finding pet-friendly units from the outset. Luckily for cat owners, "there are a lot more restrictions for dogs than cats," notes Schreck. What you don't want is to find an apartment you love, only to be crushed when you discover you can't bring your kitty along. Some websites such as PadMapper.com have a cat-friendly filter that makes the process much easier.

Always start a conversation

"You can talk to the property manager or landlord," says Schreck. "The No. 1 factor (that leads landlords to ban cats) is fear of damage to the unit. Obviously, cat urine is a smell that's almost impossible to get rid of. If you have an indoor/outdoor cat, they fear they will bring bugs or birds into the unit." A little assurance goes a long way.

Create a cat resumé

It may seem silly, but a "cat résumé" is a great tool to show landlords that you take their concerns seriously and also answers any questions they have about your pet.

"You should always include a photo of your pet, along with your cat's name, weight and any medical information — for example, is it spayed or neutered? Is your cat declawed?" In addition to being a convenient page for property managers to reference, "it also reassures the landlord you are taking this seriously."

Follow the rules

Whatever you do, says Schreck, don't even think of sneaking your cat into a building where pets are forbidden. "It's a really bad idea for a couple of reasons," she notes. "One, you are breaking a contract. A lease is a legal document and not following it could lead to being fined or losing your security deposit — or even being evicted." METRO U.S.

'CATIFY' IT

Choosing just the right gear and tweaking your home can keep felines safe, sane and stimulated, says the author of a new DIY-focused book.

Catify to Satisfy is Kate Benjamin and Jackson Galaxy's followup to their 2014 bestseller, Catification, with both offering tips from cat owners on what they've accomplished with home enhancements.

Benjamin and Galaxy's advice includes creating a "base camp" for a new cat, meaning a defined room or space where territory can be established. Potential areas for caving — what cats do when looking to hide deeply away out of fear — should be blocked off.

Also watch for cocooning, when cats go to a movable, semi-enclosed haven to help bring their stress level down. A cocoon can be anything from a paper bag to a cardboard box to a cat carrier. It should slowly be moved out of base camp as socialization progresses.

THE ASSOCIATED PRESS

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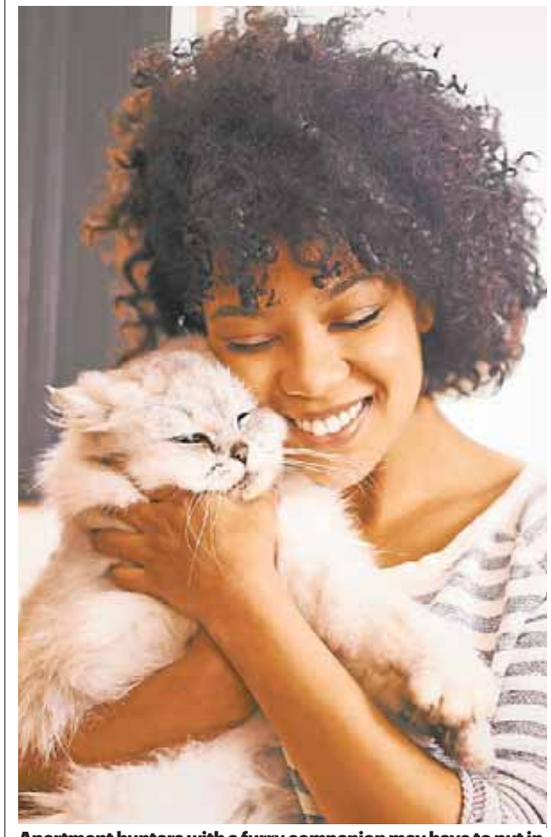

Apartment hunters with a furry companion may have to put in some extra work to find the ideal home. ISTOCK

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metro SPORTS

Belgian international Laurent Ciman of the Montreal Impact has been voted MLS defender of the year

Harris hoping to serve up a slice of very humble pie

CFL SEMIFINALS

Lions running back desperate to make critics eat their words

Cam Tucker
Metro | Vancouver

In the restaurant business, filling the bellies of hungry patrons is the incentive. But if the B.C. Lions can upset the Calgary Stampeders in Sunday's West Division semifinal, Andrew Harris may be telling a certain member of the CFL on TSN panel to eat their words.

The star Canadian running back has taken issue with recent comments from Jock Climie when discussing the upcoming match-up on the panel. The Lions finished the season with a record of 7-11, while the Stampeders, defending Grey Cup champs, finished 14-4.

Climie had this to say, as per video on TSN's website: "Well, I don't want to be disrespectful to the B.C. Lions or anybody in that organization but I think if the Calgary Stampeders simply show up, they're going to win."

Asked if there was added personal motivation for Harris heading into these playoffs, given his future with the club beyond November still appears up in the air, the pending free agent brought down the verbal hammer.

"For some reason, I can't really put my finger on it, this one means a lot more to me, so ... I've always played with a certain chip on my shoulder and an attitude and it's definitely going to come through on Sunday," Harris said Wednesday.

"For me, everyone talks about how good Calgary is and how good Edmonton is and they've kind of counted us out already. The fact the TSN (panel) can say all (the Stampeders have to do) is show up – that's, honestly, that's bull—.

> **For me, it's an attitude, no team is better than Lions.**
> Andrew Harris

"For me, it's an attitude thing now and no other team in this league is better than the B.C. Lions."

Rest assured, Harris will bring this up once again with his teammates before the week is out.

"When people are already counting myself out or counting this team out, I definitely take it as disrespect and want to bounce back with a fight," he said.

B.C. running back Andrew Harris insists the Lions will be no walkover even though CFL experts tip the Calgary Stampeders to cruise to victory in Sunday's semifinal. GETTY IMAGES FILE

The Stampeders are among the league's elite.

But the Lions seem to be of the belief that on their best day, they are capable of winning against one of the league's best teams.

"If we do the right things and we stay away from penalties, make plays and execute like we can, there's no team on our schedule we can't beat," said head coach Jeff Tedford. "But all those things need to come together."

MLS

Whitecaps wrap up fine season

The Vancouver Whitecaps will hold their final media availability of the season on Thursday, following on the heels of their playoff defeat to the rival Portland Timbers on home turf at BC Place Stadium on Sunday.

Their disappointing post-season end came after the club finished second in Major League Soccer's Western Conference, however the biggest issue to plague the Whitecaps over the final few months of the season was a lack of scoring, which led to their 2015 demise.

Surely their scoring woes and any possible remedy will be a hot topic for discussion with head coach Carl Robinson, who concluded his second season as the club's manager.

Despite their playoff exit, the Whitecaps achieved numerous firsts as an MLS side, including a Voyageurs Cup victory, an appearance in the CONCACAF Champions League and a home playoff game.

CAM TUCKER/METRO

AWARDS

On Wednesday, the club announced that centre back Kendall Waston finished second in the running for MLS Defender of the Year. He was one of three Whitecaps personnel — including goalkeeper David Ousted and Carl Robinson the coach — to be nominated for a league year-end award.

Sedins are finally starting to share scoring wealth

THE HOCKEY NEWS
Ronnie Shuker

Talk about sharing the love. The Vancouver Canucks have taken the scoring-by-committee approach to a whole new level.

Vancouver ranks among the league leaders in scoring, but to this point in the season no go-to guy has emerged in terms of goals. Rookie Jared McCann is tied with each of the Sedins for tops on the team with just five, which is the second-lowest total for a team's top goal scorer in the league ahead of only the Anaheim Ducks, who are led by Chris Stewart and Sami Vatanen with just three apiece.

The Canucks aren't relying one guy like they did last season with Radim Vrbata, who ended up with 33 but is on pace for fewer than half that this season. Instead, they're getting contributions from just about everyone in the lineup. The Canucks are tied with the Predators for the most players (18) with at least one goal this season, and they're tied with the Canadiens and Flames for the most players (eight) with at least three goals.

That has to please GM Jim Benning and coach Willie Desjardins. It means the heat is being taken off the Sedins, especially by the youth, collectively, which gives the team stability in the present and bodes well for the future. Players aged 23 and under (McCann, Bo Horvat, Sven Baertschi, Jake Virtanen and Brendan Gaunce) have accounted for 21 per cent of the team's scoring, and that percentage will only rise as the kids get more comfortable.

All told, Vancouver is moving away from being the one-line team that it has been for years.

The Sedins are still driving the bus offensively, no doubt, but they now have more guys to spell them off. Opponents can no longer key on the twins, and that's a good thing, as Henrik and Daniel, now in their mid-30s, decline gracefully.

What might be most impressive, however, is that the Canucks are doing this predominantly at even strength, which is where most of the game is played. Their power play was a paltry 25th in the league (13.7 per cent) after their win over Columbus Tuesday night. So if the Canucks can ever get their power play going, there'll be even more love to go around.

21%

Percentage of goals scored on this year's Canucks team by players aged 23 and under.

Jared McCann , centre, is tied for the team lead in goals with five. MEL EVANS/THE ASSOCIATED PRESS

Kaillie Humphries.
JEFF MCINTOSH/THE CANADIAN PRESS

BOBSLEIGH

Federation frustrates Olympian

Tension is building between Olympic women's bobsleigh champion Kaillie Humphries and her sport's federation.

Humphries wants to pilot four-man sleds on the World Cup circuit in addition to her women's races. The Calgarian says Bobsleigh Canada Skeleton will not let her.

"I've never been in a situation where my goals and dreams have not aligned with Bobsleigh Canada's," Humphries said Wednesday. "It's an extremely difficult situation for me currently at the moment."

Humphries and Elana Meyers Taylor of the United States were the first women to pilot male crews on the World Cup circuit last season.

The world governing body of the sport, the FIBT, ruled prior to the start of last season that four-man bobsleighs would be "gender neutral."

The move opened the door for the eventual inclusion of a four-woman bobsleigh event in the world championships and Winter Olympics.

Women's bobsleigh was introduced as an Olympic sport in 2002 as a two-person event, while the men continued to race two-man and four-man sleds. Humphries lobbied hard for the door to open for her and other women in the four-man sled. She feels like her own federation is closing it on her again.

Canada has two international quota berths in four-man this season, and the FIBT took the unusual step of awarding a third to Canada specifically for Humphries. But BCS has its own qualification standards that are more stringent than the FIBT's.

Athletes must achieve a certain push time in the ice house before World Cup selection races. Humphries piloted a four-man sled that finished third in selection races behind Justin Kripps and Chris Spring.

But there were not enough brakemen meeting BCS's push standards to fill two sleds, let alone a third, according to BCS president Sarah Storey.

THE CANADIAN PRESS

CURLING

Wounded and wary, Gushue makes return to ice

Brad Gushue as he looked on Halloween, the day he was stitched up after falling to the ice face-first at the Masters in Truro, N.S. THE CANADIAN PRESS/FILE

Still sporting a shiner and some puffiness above his right eye, veteran skip Brad Gushue returned to action Wednesday for the first time since a nasty fall left him with a seven-stitch cut and concussion-like symptoms.

He admitted he's not in top physical form but is still eager to compete at the National this week at General Motors Centre. His return comes less than two weeks after a face-first fall to the ice during a game at The Masters in Truro, N.S.

Gushue went down in the fourth end, got stitched up at a nearby hospital, and returned in the seventh end of a 5-2 quarterfinal loss to Saskatoon's Steve Laycock on Oct. 31.

The competition high carried him through the end of the game. The symptoms kicked in a short time later.

"When I got back out on the ice and back in the lights, I felt a little bit off," Gushue said. "But it was after the game when the adrenalin went down that I knew something was off. It was my own fault. At the hospital, I was in such a rush to get back. I didn't let them do their job."

Gushue's eye was swollen shut for a few days. He underwent a CT scan and needed massage and physiotherapy to help with lingering pain. The concussion-like symptoms eventually subsided and Gushue went back to the doctor for another round of tests Monday just to be sure. He decided to make the trip after being given the all-clear.

"The doctor said I was OK to play, so I'm excited."
Brad Gushue

"I wouldn't say I'm 100 per cent, but I'm definitely good enough to play," he said. "The doctor said I was OK to play so I'm excited to be here and put that (fall) in the past."

The fall brought the issue of concussions and head protection in curling into the spotlight. Helmets can be a common sight at the recreational level but are not used by elite curlers.

THE CANADIAN PRESS

WADA REPORT

Putin orders probe

Russian President Vladimir Putin has ordered an investigation into allegations of widespread doping among the country's sports figures.

Putin called for the investigation in a late-night meeting Wednesday with the heads of Russia's sports federations.

The meeting comes in the wake of Monday's report by a commission of the World Anti-Doping Agency that said Russian sports is plagued by extensive, state-sanctioned doping.

The allegations have raised the prospect of Russia's track-and-field athletes being denied participation in next year's Olympics in Rio de Janeiro.

Putin ordered Sports Minister Vitaly Mutko and "all colleagues connected with sport" to pay close attention to the doping allegations and for an internal investigation to be conducted — guaranteeing full co-operation with international anti-doping bodies.

Earlier on Wednesday, Russia's sports minister said the country can deal with alleged widespread doping problems on its own.

Mutko was quoted by Russian news agencies as saying Wednesday that Russia holds the Word Anti-Doping Agency commission that reported on Russian problems and its findings "in due respect."

He said: "We agree with the commission's main findings that doping is not a problem of Russia but of the whole world and the doping problems cannot be resolved within one country."

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Russian President Vladimir Putin
GETTY IMAGES

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RECIPE Lemon Linguini

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Your family will love the freshness of the lemon in this dish. You'll love how you barely had to lift a finger.

Ready in
Prep time: 10 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 500 g package of linguini or spaghetti
- Juice of 2 lemons
- 1 Tbsp of lemon zest
- 6 Tbsp olive oil
- 2 cups grated Parmesan cheese
- Handful of basil, washed and sliced into strips
- Salt and pepper to taste

Directions
1. Cook pasta according to the package instructions. Meanwhile, whisk together the lemon juice and zest, oil and 1 1/2 cups of the cheese. Don't worry if it's gloopy.
2. Scoop out 1/2 cup of the pasta cooking water and set it aside, then drain the noodles. Put the pasta back in the cooking pot. Pour the lemon mixture over the pasta and toss well until all the noodles are coated. Add a splash of your reserved pasta water if you need to loosen up the dish. Add the basil and toss. Season with salt and pepper to taste and serve.

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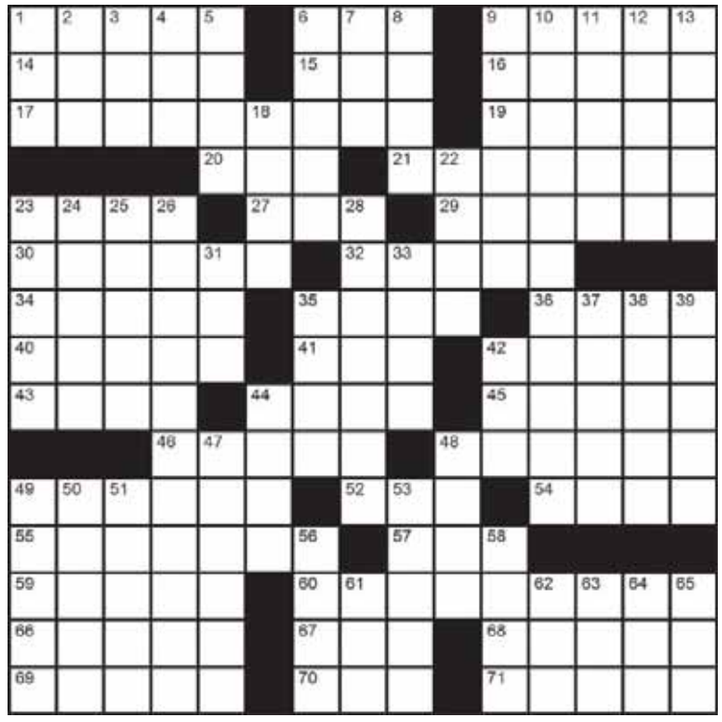
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "The Wonder _"
6. Gladiator's 102
9. Canyon opening
14. Bird-related
15. Journalist Ms. Curry
16. Game with a jackpot
17. New album by Canadian rap star Kardinal Offishall: '_ _, Vol. 1: The Clash'
19. Group of eight
20. The _ (Manitoba's cap.)
21. Deliverer's deliveree
23. Surrounded by
27. Bon _ (Clever remark)
29. "_ the car?" (Shopper's parking lot query)
30. De-peeling devices
32. Bill _ & His Comets
34. Examine
35. Current affairs
36. Umbrella blower-awayer
40. Charles M. Schulz drawn character
41. Battery size
42. Wedding _ (Keepsake of the big day)
43. The _ Coast
44. Tiny, _-bitty
45. Avoid
46. One with a pad and paper
48. Chop, as a butcher
49. Tiered temple
52. Blue-_ (Soothing cream on TV commercials)
54. Toboggan
55. Lines between brows, as dubbed in the world of Botox injections
57. Dinner tidbit
59. Comic actor Tim
60. 1605-established French settlement in Nova Scotia
66. Canadian rebel Louis, and surnamesakes
67. _. date (Food label info)
68. Recipe's oil source, perhaps
69. Dita Von _ (Queen of Burlesque)
70. Play-_
71. Precept

DOWN
1. Tibetan ox
2. Supermodel Ms. Herzigova
3. Ventilate
4. "Way cool."
5. Crop
6. Nautical haulage
7. "Barefoot Contessa" chef Ms. Garten
8. Police dept. rank
9. Bell: French
10. W Network docuseries: 2 wds.
11. Fragrant oil from flowers
12. Phase
13. Styles
18. Tiara twinklers
22. Shoemaker's tools
23. Fab Four created label
24. "West Side Story" (1961) role
25. Actor Jeremy
26. First big releases by writers, for example: 2 wds.
28. Dramatist's realm
31. Hi-_ graphics
33. On the road
35. Decorator on TV Mr. Berkus
37. Model of perfection
38. Chutzpah
39. Spoiled, _ on
42. _-d'Or, Quebec
44. "I'd consider _ _ honour..."
47. Danish writer Hans Christian Andersen's birthplace
48. Terse
49. Neil _ (Rush band member)
50. "Kate & _" ('80s sitcom)
51. Jelly: French
53. Change shape
56. Hotfooted it
58. Gait at the stables
61. Cubed food flavouring brand
62. "_ Buttermilk Sky" by Hoagy Carmichael
63. Yang's counterpart
64. "_ Maria"
65. Tennis call

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will have to confront your feelings about someone you deal with on a daily basis. You may not like them much but in some way your fates are linked, so do what you can to keep things friendly.

Taurus April 21 - May 21
Slow down. You have been pushing yourself extremely hard and, yes, you have accomplished a lot. But after every period of exertion must come a period of rest, so take a break!

Gemini May 22 - June 21
Feelings of self-doubt that have been holding you back are sure to be swept away today, tomorrow and this weekend. Get over your fear of losing and great things will come.

Cancer June 22 - July 23
A loved one or relative has been a real pain recently but you have an obligation to help them, even when their troubles are self-inflicted. You will be called on to make even more sacrifices over the next few days. Do so willingly.

Leo July 24 - Aug. 23
The line between helping a friend and interfering in their personal affairs may at times be difficult to judge but if someone you know needs assistance today you must ride to their rescue.

Virgo Aug. 24 - Sept. 23
No matter how well things are going financially don't take chances with what you own and earn.

Libra Sept. 24 - Oct. 23
Mars moving into your sign today means it is time to get active. Knuckle down, work hard and start getting ahead in whatever field you wish to make your mark.

Scorpio Oct. 24 - Nov. 22
If you need assistance, ask for it. If you pretend that nothing is wrong others will assume that you are on top of things and will not help.

Sagittarius Nov. 23 - Dec. 21
You need a challenge and you are about to get it. Most likely it will be the kind of challenge that you cannot handle on your own, so it will encourage you to seek help from like-minded people. You cannot be self-sufficient all the time.

Capricorn Dec. 22 - Jan. 20
There are times when you have to roll up your sleeves and get involved. Mars moving into the career area of your chart means you will get the chance to impress important people. Don't waste it.

Aquarius Jan. 21 - Feb. 19
Don't limit your imagination. If you can dream it you can be it with Mars in Libra between now and the end of the year.

Pisces Feb. 20 - March 20
You cannot turn back the clock and change the past but you can learn from your experiences. Also, promise yourself that both now and in the future you won't let so many great opportunities go begging.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8							1	
	7			2		8		9
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	6						7	
		4		7	1			
	5		9					
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	8							1

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TUESDAY'S ANSWERS

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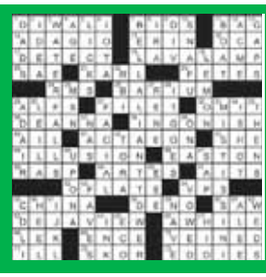

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2	7	9	6	8	4	3	1	5
8	4	1	3	5	7	9	6	2
9	3	2	5	7	6	4	8	1
1	6	7	4	9	8	2	5	3
4	8	5	2	3	1	6	9	7

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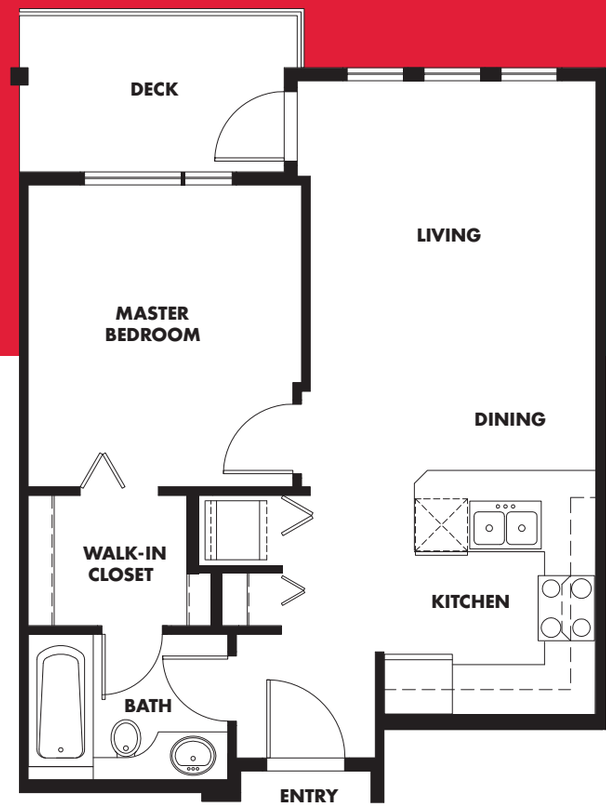

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